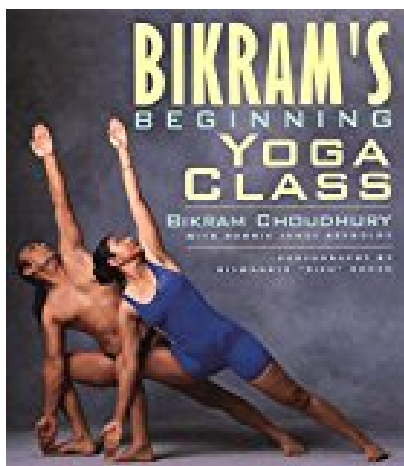


# Bikrams Beginning Yoga Class Second Edition

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## BOOK DETAILS

- Author : Bonnie Jones Reynolds
- Pages : 205 Pages
- Publisher : TarcherPerigee
- Language : English
- ISBN : 1585420204



## BOOK SYNOPSIS

All yoga students, beginners or advanced, should benefit from this accessible book. It studies each of the 26 movements, breathing exercises and rest poses that form the basis of every Bikram yoga class. Regular practise should transform your health by reversing and preventing illness.

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