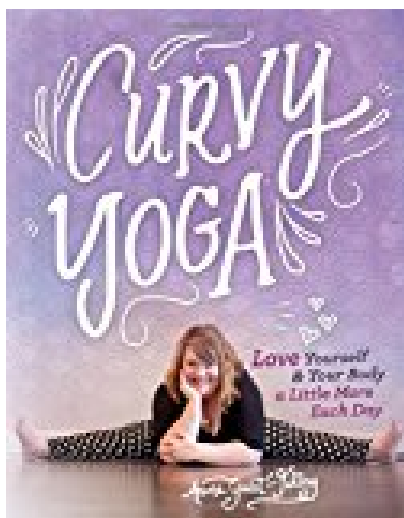


# Curvy Yoga® Love Yourself & Your Body a Little More Each Day

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## BOOK DETAILS

- Author : Anna Guest-Jelley
- Pages : 240 Pages
- Publisher : Sterling
- Language : English
- ISBN : 1454920661



## BOOK SYNOPSIS

Yoga is for everyone not just the young and lithe! Because Anna Guest-Jelley understands what it s like trying to force yourself into poses that won t take and feeling short of breath, she created Curvy Yoga to embrace all shapes and sizes. She rolls out a welcoming introduction to the practice, along with personal stories of growth, classes gone awry, clueless gurus, and the fat-shaming that pervades the yoga scene. "

### **CURVY YOGA® LOVE YOURSELF & YOUR BODY A LITTLE MORE EACH DAY**

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