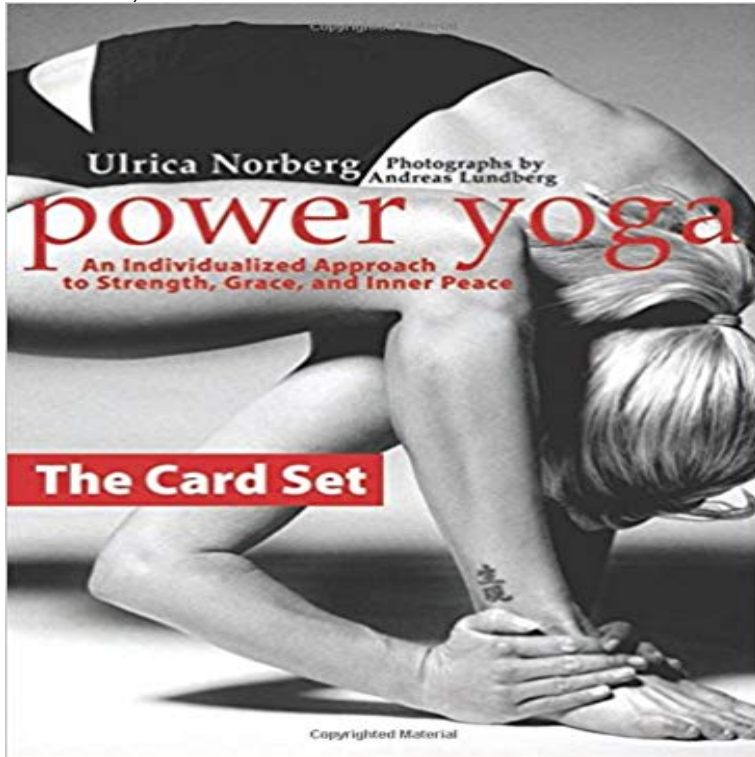


Power Yoga: the Card Set: An Individualized Approach to Strength, Grace, and Inner Peace



Fitting yoga into your life is now simpler and more convenient than ever with this deck of cards that takes readers through the basic movements and techniques specific to power yoga. Power Yoga: The Card Set offers a fresh approach to yoga as exercise and as a vibrant part of a fulfilling lifestyle. Each card features a beautiful full-color photograph illustrating the different sun-salutations (the basis of power yoga exercises), numerous asanas (poses), and meditation, relaxation, and breathing techniques, along with clear and simple instructions. Integrate yoga into your daily routine smoothly with the help of this handy card deck.

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