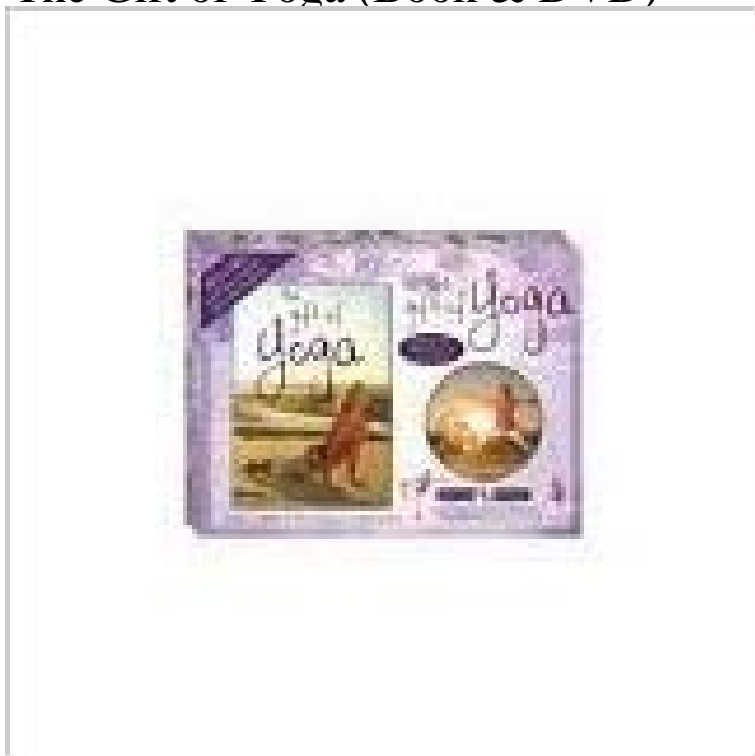


The Gift of Yoga (Book & DVD)



The ancient yogis started practicing yoga more than two thousand years ago. Benefit from centuries of wisdom in the comfort of your own home and join presenter and author Gena Kenny as she introduces you to the postures, breathing techniques, relaxation and meditation that makes up Hatha-style yoga. With step-by-step instructions covering the major components of yoga, including postures, breath, and relaxation, The Gift of Yoga:

- * uses photographs and instructions to demonstrate the postures,
- * teaches practical relaxation and meditation techniques,
- * offers simple and easy ways to implement yoga into your busy day.

The box set includes:

- * The Gift of Yoga book: This 80 page full-color yoga book takes you through a full Hatha-style yoga program, explaining in detail the postures, breathing, relaxation and meditation techniques, accompanied by color photographs that demonstrate each step.
- * The Gift of Yoga DVD: Follow Gena Kenny through this gentle, yet challenging, Hatha-style yoga workout, as she demonstrates and explains each posture and its benefits.

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