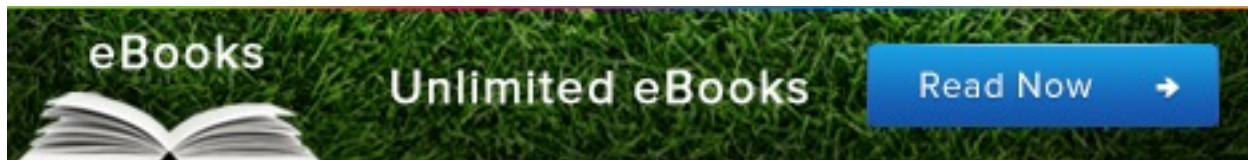
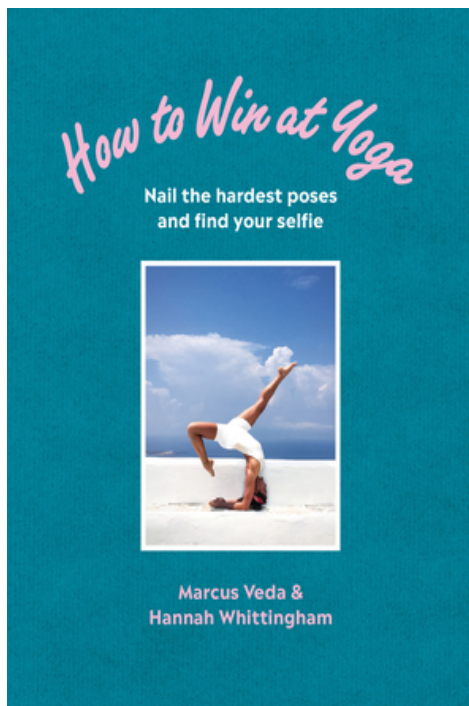


Leggi libro How to Win at Yoga: Nail the hardest poses and find your selfie

By Marcus Veda



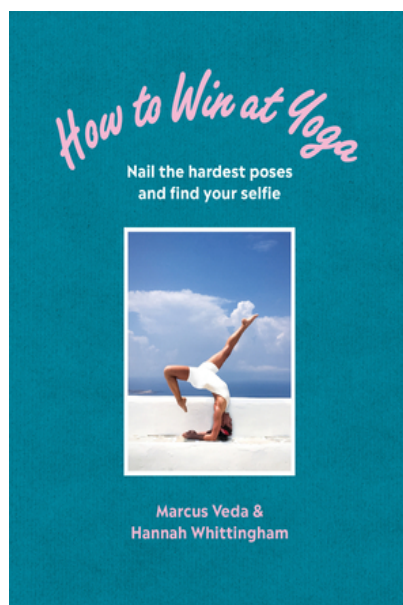
Books Details

Author : Marcus Veda Pages : 192 pages Publisher : Vermilion Language : ISBN-10 :
1785042475 ISBN-13 : 9781785042478

Books Descriptions

Get in to the hardest poses and get out alive Five years ago your average yoga class contained a few down dogs, a standing tree and a cushion for meditation. Today, it is becoming increasingly clear that many wish to gain enlightenment through sticking their foot behind their head. Preferably in a handstand, ideally in the splits. And then post it on Instagram. Whether enlightenment is achievable through a one-armed handstand or not, crowded yoga studios are not the ideal places to start nailing risky moves, so this handy guide is here to demystify the big poses in full technicolour. Most importantly, you will learn how to take impressive pictures of your journey to enlightenment, so you can win at yoga, publicly. From sunset splits to backbends in Bali, packed with drills for strength and flexibility and tips for costume and hair, How to Win at Yoga makes those apparently impossible yoga poses possible, and look great on the 'gram.

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