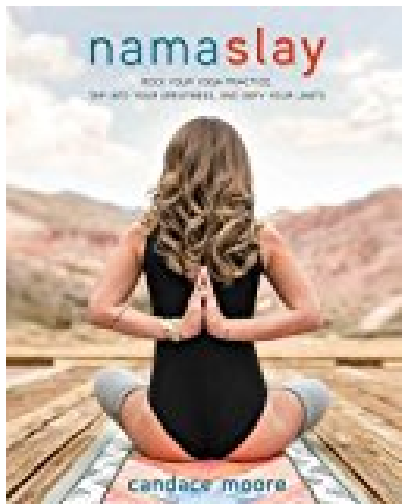


# Namaslay Rock Your Yoga Practice Tap Into Your Greatness & Defy Your Limits

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## BOOK DETAILS

- Author : Candace Moore
- Pages : 416 Pages
- Publisher : Victory Belt Publishing
- Language : English
- ISBN : 1628601124

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## **BOOK SYNOPSIS**

With a distinct visual format, Namaslay guides readers step by step through more than 100 yoga poses. The poses are broken down by experience level into a series of progressions and include modifications for those who can't quite achieve the full expression of a pose just yet. Full-colour photos and tips on overcoming common mistakes help people get the most out of every pose. The book also features three 30-day yoga programs that focus on: de-stress, core strengthening and back pain. Written with heart and humour, Namaslay is for anyone and everyone.

### **NAMASLAY ROCK YOUR YOGA PRACTICE TAP INTO YOUR GREATNESS & DEFY YOUR LIMITS**

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