



# Yoga Made Easy: A Personal Yoga Program that Will Transform Your Life

*Howard Kent*

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## **Yoga Made Easy: A Personal Yoga Program that Will Transform Your Life** Howard Kent

Expert instructions and clear step-by-step color photographs introduce the basic yoga postures and build on them in a month-by-month course, enabling students to gradually create their own daily exercise programs. Ideal for beginners who are looking to yoga to ease the rush and stress of modern life while building physical strength and flexibility, this course is also a great refresher for more advanced students who want to improve their postures and technique. The meditative side of yoga, which helps to build a calm, positive attitude, is integrated into the lessons.

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