



Yoga Your Way: Customizing Your Home Practice

Cindy Dollar, Susanna MacKenzie Euston

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A unique split-page format helps yoga lovers easily personalize their routines—and keep their home practice varied, fun, and highly individual.

With the help of this unique and innovative manual, yoga practitioners can work to their optimum level and tailor their exercise to fit their individual needs. The secret lies in the split-page design that features 40 poses, or asanas, on one side and 30 practice routines on the other. Every yogi will be able to construct an ideal session, whether the desire is for a quick 10-minute routine to destress or a full 45-minute workout that strengthens back muscles. Color photos capture the intricacies of each movement; notes on details and variations accompany each pose; and there are observations, advice, and frequently asked questions for particular positions. Beginners will especially appreciate the valuable information on creating a pleasant practice environment, using the book in conjunction with other yoga instructions, and finding and working with props.

Cindy Dollar lives in Asheville, NC. Susanna MacKenzie Euston lives in Arden, NC.

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