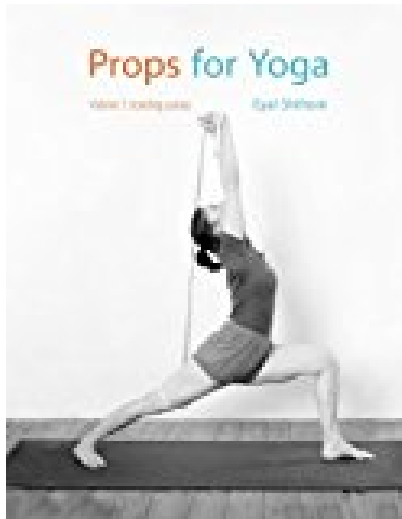


# Props for Yoga Standing Poses Volume 1

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## BOOK DETAILS

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- Pages : 178 Pages
- Publisher : CreateSpace Independent Publishing Platform
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## BOOK SYNOPSIS

Invented by B.K.S Iyengar, props have helped millions of people to realize his vision that "Yoga is for All." Props enable people of any age group and any health condition to enjoy the benefit of asana practice. This book presents classic and innovative uses of props. It provides detailed step by step instructions accompanied by ample photos and tips. Volume I, the first in a series, focuses on Standing Poses.

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