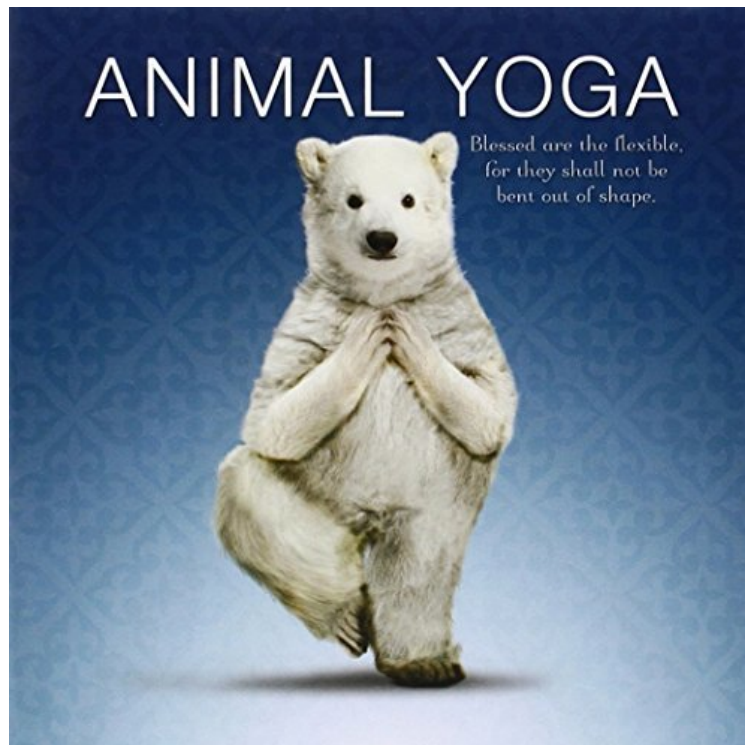


## Animal Yoga

*From imusti*

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#327518 in Books imusti 2014-09Original language:EnglishPDF # 1 5.75 x 5.75 x .501, .0 #File Name: 16234356331 pagesWillow Creek Pr | File size: 53.Mb

**From imusti : Animal Yoga** before purchasing it in order to gage whether or not it would be worth my time, and all praised Animal Yoga:

0 of 0 people found the following review helpful. Animal Yoga table bookBy B. LittleGreat fun gift for your yoga or tai chi animal lover friend. They get a kick out the poses. Pages are made of quality paper and photo shoots are professionally captured.0 of 0 people found the following review helpful. Loved the book but not the cover!By CustomerVery disappointed. The cover of this book which was supposed to be new was scratched and creased. I purchased this for a gift and was embarrassed to give it as a gift because it looked totally used! The hardcover book underneath is precious and I love it but it should have been advertised as a shop-worn book or used.0 of 0 people found the following review helpful. Five StarsBy Heidi BetheaWas a wonderfully enjoyed holiday gift, lots of laughs, and for a "used" book, it was brand new!

This charming book hilariously illustrates that yoga isn't just for people anymore! A menagerie of critters hailing from the circus to the Serengeti demonstrate classic poses that would seem impossible to achieve were it not for the photographic proof presented here by designer Donnie Rubo. An elephant performing the Crane pose (Bakasana)? A sea lion achieving maximum flexibility in a Side Staff pose (Parsva Dandasana)? A cow finding inner calm with the Extended Leg Headstand pose (Utthita Pada Sirsasana)? Yes, yes, and yes! Paired with inspiring Zen, yoga and meditation quotes, Animal Yoga is posed to inform and delight all human practitioners of the ancient discipline.

About the Author Our location in the Wisconsin northwoods helps keep Willow Creek Press off the publishing world's radar. Around here, we're more accustomed to landing walleyes and muskies than big books and authors - events hardly worthy of note in *Publisher's Weekly*. But, a few years ago we did get noticed with the release of *Just Labs*, a unique and colorful tribute to Labrador retrievers. The book quickly became a bestseller (now with 500,000 copies in print) and frankly startled us with its success. We were not surprised for long, however, and now an entire line of popular Willow Creek Press titles evokes the myriad joys of dog and cat ownership. Today we are known for high-quality, light-hearted books and the best Just breed calendars in the country.