



Yoga: The Poetry of the Body: A 50-Card Practice Deck

Rodney Yee

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From today's most popular instructor and author of the bestselling *Yoga: The Poetry of the Body* comes an all new training tool -*Yoga: The Poetry of the Body 50-Card Practice Deck*. These beautiful cards feature portable, informative, and stunning yoga instructions. Each of the 50 cards features photographs and instructions with tips on alignment and breathing, as well as poetic insights into the subtle energies of the pose. Cards are sequenced to create a real yoga class, if users follow from beginning to end they will have completed a class, as Rodney would teach in his yoga studio. Rodney Yee's yoga cards offer a complete Yoga workout without books or videos, and are perfect for yoga students at any skill level.

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