



# The Runner's Yoga Book: A Balanced Approach to Fitness

*Jean Couch*

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## **The Runner's Yoga Book: A Balanced Approach to Fitness** Jean Couch

The Runner's Yoga Book is an ideal companion for the weekend or professional athlete, for the reader who wants to stretch and relax, and for the developing yoga student who wants to establish a home practice. Drawing on over thirty years of teaching and personal practice, author Jean Couch offers precise instruction in all types of poses, guidelines for home practice, yoga routines for other sports, including bicycling, skiing, swimming, tennis, and walking, a resource guide for further study, and a yoga-poses-by-alphabetical-listing index. With over 400 photographs and illustrations showing students at various levels of expertise, The Runner's Yoga Book is a complete guide for yoga students of all ages and most levels of fitness.

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