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Frozen Yoga: A Concentrated Guide for Yoga Newbies

Liz Eustace

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If you (or your friend, or your significant other, or your coworker) have always wanted to try yoga but are intimidated by other people's lithe, sinewy bodies, teachers giving instructions in an ancient-sounding language, the existence of $100 yoga pants, and the completely reasonable fear that you or someone right in front of you might pass wind involuntarily during class, then this book is for you! Author, teacher, and yoga-industry veteran Liz Eustace dispels yoga's biggest myths and unpacks every tool in her kit to get you on a yoga mat -- and keep you there! Liz keeps it light and fun, but packs some heavy-duty information, insights, and guidance into this book, including a breakdown of yoga styles, how to buy a mat, what to wear, how to find a live class (and survive your first trip to a yoga studio!), and how to set up a yoga space to practice at home. This is an ideal guide for beginners or those who fell off the mat and never got back on. Liz's wit and hard-earned wisdom will get you off to a rolling start on your yoga journey. Who knows, you may even find nirvana (and not the grunge-y Seattle kind!).

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