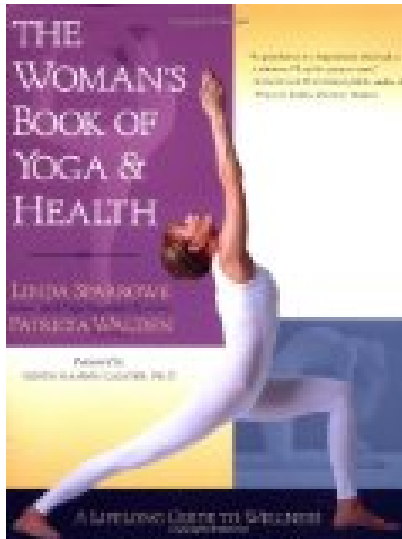


# The Womans Book of Yoga and Health A Lifelong Guide to Wellness

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## BOOK DETAILS

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## **BOOK SYNOPSIS**

Millions of people practice some form of yoga, but they often do so without a clear understanding of its history, traditions, and purposes. This comprehensive bibliography, designed to assist researchers, practitioners, and general readers in navigating the extensive yoga literature, lists and comments upon English-language yoga texts published since 1981. It includes entries for more than 2,400 scholarly as well as popular works, manuals, original Sanskrit source text translations, conference proceedings, doctoral dissertations, and masters theses. Entries are arranged alphabetically by author for easy access, while thorough author, title, and subject indexes will help readers find books of interest.

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