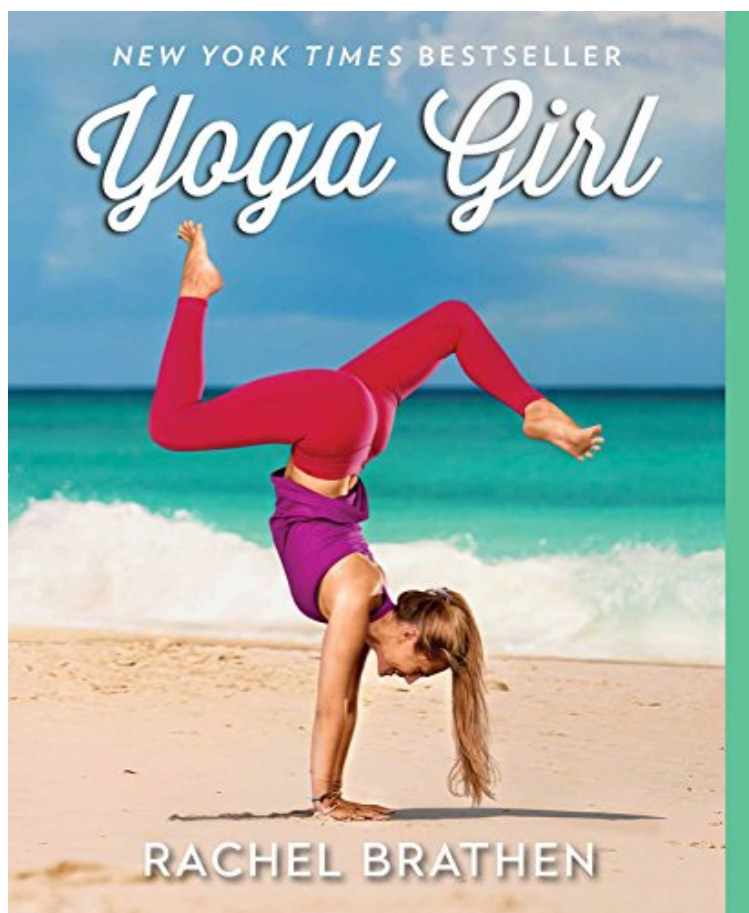


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Yoga Girl (English Edition)



Par Rachel Brathen
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Description :

Prsentation de l'diteurNEW YORK TIMES BESTSELLER By the yoga instructor who inspires more than one million followers on Instagram every day. Whether shes practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel BrathenInstagrams @Yoga_Girlhas made it her mission to share inspirational messages with people from all corners of the world. In Yoga Girl, Brathen takes readers beyond her Instagram feed and shares her journey like never beforefrom her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life shes built through yoga and meditation in Aruba today. Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyleYoga Girl is like an armchair vacation to a Caribbean spa.ExtraitYoga Girl Revue de presse"Take the time to clear your mind and mellow out with Rachel Brathens endearing and inspiring memoir of a misspent youth, rebirth on the mat, and epic adventures in the Cost Rican jungle. Along the way youll find . . . yoga routines and healthy recipes." (Bustle)"The book was like a perfect yoga classit left me inspired, relaxed and at the same time gave me tons

of ideas." (Elephant Journal)"An international force in the world of yoga." (Allure)