



The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle

Bobby Clennell

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In *The Woman's Yoga Book*, senior Iyengar Yoga teacher Bobby Clennell offers a comprehensive program of asana (yoga poses) and pranayama (breathing techniques) designed to support menstrual health from menarche to menopause, along with nutritional and lifestyle information for those times off the yoga mat. With over 30 years of teaching experience, she encourages women to draw on the strength that comes from practicing women's yoga. A former professional animator, Bobby Clennell has used her skill in rendering 735 illustrations that teach right along with her text.

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