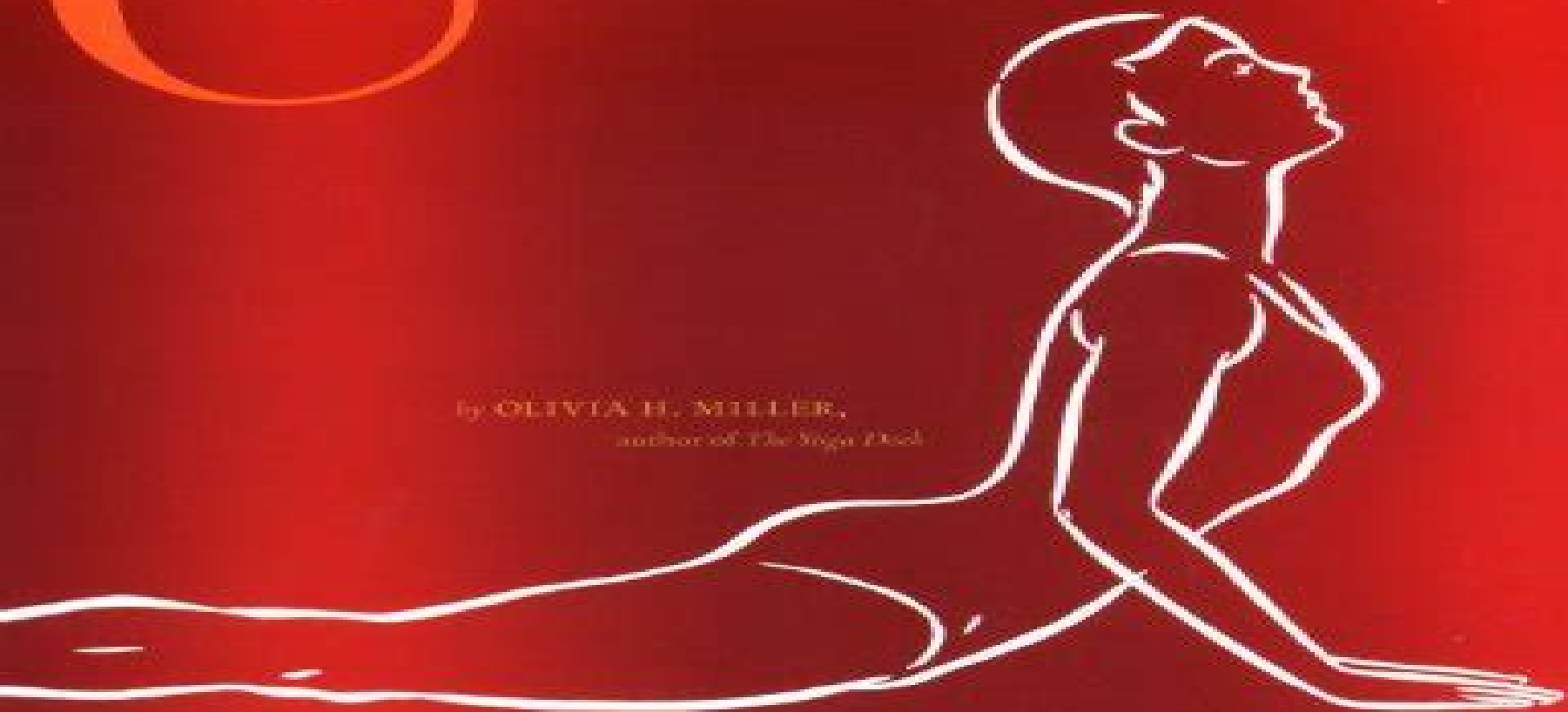


# ESSENTIAL YOGA

An ILLUSTRATED GUIDE  
to Over 100 Yoga Poses and Meditations

by OLIVIA H. MILLER,  
*author of The Yoga Book*



Illustrations by NICOLE KAUFMAN

# Essential Yoga An Illustrated Guide To Over 100 Yoga Poses And Meditations

**Aventuras De Viaje**



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