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Bryan Kest's Power Yoga: Live from Santa Monica, California (CD & Booklet)

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Bryan Kest's Power Yoga: Live from Santa Monica, California (CD & Booklet) Bryan Kest
The first ever made available to the general public: A live recording of one of Bryan's 90 minute classes at his very popular Santa Monica, CA studio, in audio CD format accompanied by a beautiful instructional booklet. The audio CD is segmented into 7 tracks for easy repeating or forwarding. The booklet has over 100 photographed asanas (positions) that track the recording, along with detailed written instruction for key poses provided by Bryan.

In addition to being an excellent, complete yoga routine for your library, the CDs are a compact format perfect for travelers.

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