



# **I Love Yoga: A Source Book for Teens**

*Ellen Schwartz*

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# I Love Yoga: A Source Book for Teens

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**I Love Yoga: A Source Book for Teens** Ellen Schwartz

**Selected for inclusion in the Best Books for the Teen Age 2004 List by the New York Public Library.**

Yoga has been practiced for thousands of years, but its surge in popularity among young people is new. *I Love Yoga* is not a how-to book. It is the book for those who are already hooked, as well as for those who are just curious about this ancient activity.

Ellen Schwartz – author of *I'm a Vegetarian* – presents the history of yoga, different styles, yoga benefits, concerns, cautions, misconceptions, equipment, and basic postures. There is information for those with physical disabilities and tips on yoga as part of a lifestyle – even for those who do not use the poses – especially to de-stress. Fascinating information is offered in a teen-friendly format.

*From the Trade Paperback edition.*

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