



## 15 Minute Gentle Yoga

By Louise Grime

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### 15 Minute Gentle Yoga By Louise Grime

No time to exercise? No problem! DK's new 15-Minute Fitness series gives you all the tools you need to squeeze regular exercise into your life. This fantastic new format offers: four detailed gatefolds for easy, step-by-step instruction; a DVD to walk you through each routine; and a fully-illustrated, fully-annotated book to help you perfect your technique. Choose one of four complete mini-workouts each day to target a specific part of the body, and to strengthen, stretch, and build your way to a more toned, more healthy you.

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### **Editorial Review**

#### **About the Author**

Louise Grime first discovered yoga 29 years ago and she hasn't looked back. Since then she has travelled frequently to India to study, train and teach in Ashrams, spending time at the Ramamani Iyengar Memorial Yoga Institute in Pune. Her most important teachers have been BKS Iyengar and Shandor Remete. For the last 18 years she has taught in and around London, mainly at triyoga and The Life Centre. She also organizes yoga holidays in Turkey and Sir Lanka. Louise lives in London.

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