



Lovers' Yoga: Soothing Stretches for Two

Darrin Zeer

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Best-selling author Darrin Zeer knows it takes two to tango—and two to yoga! His latest winner, *Lovers' Yoga*, shows how easy it is for couples to indulge in nurturing, soothing partner exercises to relax, rejuvenate, and create deep, lasting bonds. Delightfully illustrated, this little handbook outlines 60 surprisingly simple stretches organized into five chapters: Playful, Powerful, Peaceful, Patient, and Passionate. The exercises build on one another, so couples can indulge in one stretch, a chapter sequence, or the entire book from beginning to end. Whether time allows for a few minutes or a few hours, *Lovers' Yoga* aims to renew the connection and reignite the passion.

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From reader reviews:

Luis Garcia:

Playing with family in a very park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, in that case why you don't try factor that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Lovers' Yoga: Soothing Stretches for Two, you can enjoy both. It is very good combination right, you still wish to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

Diane Adams:

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