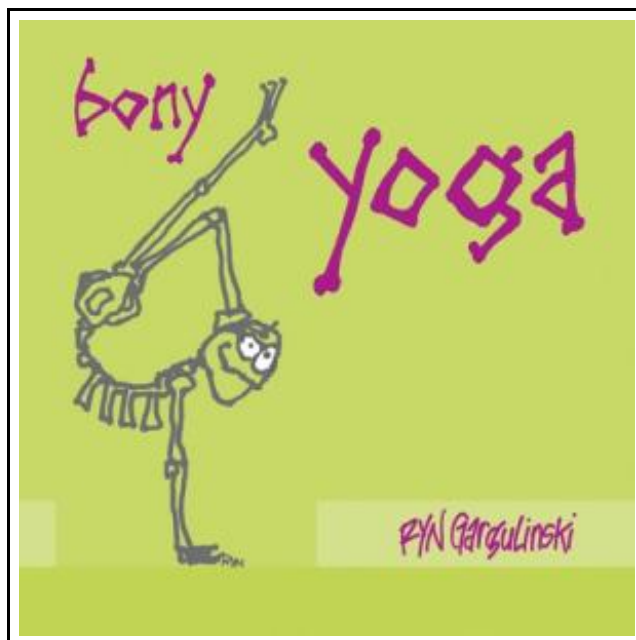


## Bony Yoga (Hardback)



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RED WHEEL/WEISER, United States, 2005. Hardback. Book Condition: New. 155 x 152 mm. Language: English . Brand New Book. While much of the time we devote to yoga is spent being (SHHHH!) very quiet and extremely serious, there s nothing like throwing a bit of humor into the mix. Ryn Gargulinski does just that with Bony Yoga. Her skeletal creations find themselves in all sorts of traditional yoga poses, with all sorts of untraditional commentary running beneath them. You ll laugh out loud. (We can t guarantee that stuff won t come out your nose.) I have been drawing skeletons since I was a kid and I am interested in yoga so it seemed like a natural mix. I may have even started drawing them to give myself a better idea of how my body should be positioned in the poses, as bones don t lie. Gargulinski takes a bare-bones look at over 50 asanas common to a variety of different yoga styles. Here are just a couple of examples: Setu Bandha Sarvangasana (Bridge Pose): Imagine yourself a bridge. You are solid and functional, not unlike the Golden Gate and highly unlike that structure that falls down in London. This is an ideal pose for wowing in the bedroom or preparing for childbirth. Sarvangasana (Shoulderstand): This pose encourages your ability to stop, reflect, and get grounded. It also promotes a strong neck as you will not last long with one of those floppy ones found on the bobble head dolls in the backs of cars. This pose is ideal for sleeping in those cubicles that serve as apartments in Tokyo or in getting your point across at corporate staff meetings.Buy Bony Yoga for yourself, for your yoga instructor, and for those people in your class who need to view yoga...



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