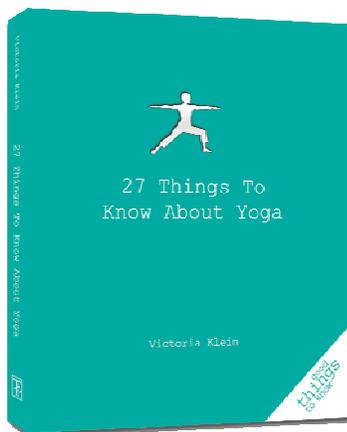


FOR IMMEDIATE RELEASE

***The Power to Heal Mind and Body:
What Every “Yogi” and Novice Should Know***



(Nashville, TN) Whatever your stage in life, you’ve probably heard of yoga. Chances are that a friend or family member has touted its benefits in your presence, and you may have even considered giving it a try, but for one reason or another, you still haven’t taken the plunge.

27 Things To Know About Yoga by longtime practitioner Victoria Klein explores the practice in an insightful and humorous light while answering common misconceptions and questions that even the most experienced yogis in your circle might have.

A great tool for any fitness level, *27 Things* strikes a balance with everyone from the complete novice to those who have already started exploring and want a more in-depth background to the experienced yogi, who wants to get back to the basics.

From helpful hints and lessons, such as what supplies are necessary, to the ins and outs of yoga studio decorum, *27 Things to Know About Yoga* is an important tool that illustrates the benefits and gifts yoga has to offer, regardless of age, size, sex, religion or fitness level.

Victoria Klein’s personal journey with yoga began more than a decade ago. The former fashion model, turned yogi, has written numerous articles for publications such as *Yoga Journal* and *Yogi Times*, as well as a variety of other publications focused on green living, fashion, health and more. For more information about the author, visit www.victoriaklein.net.

27 Things to Know About Yoga is part of the *Good Things to Know*™ released under Turner Publishing’s new imprint, Trade Paper Press. The series focuses on simple, pragmatic actions that can have a strong and lasting impact in the lives of readers. Turner Publishing is an award-winning, independent publisher based in Nashville, Tennessee. Imprints include Turner, Trade Paper Press, and Iroquois Press. For more information, visit www.turnerpublishing.com.

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27 Things to Know About Yoga

Victoria Klein

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