



Yoga Cures: Simple Routines to Conquer More Than 50 Common Ailments and Live Pain-Free

Tara Stiles

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Do you have a headache? PMS? Cellulite? Shin splints? A broken heart? Or do you just need to chill the *&@# out?

There's a yoga cure for each of these things. In *Yoga Cures*, Tara Stiles—owner of Strala Yoga in Manhattan—offers an A-to-Z guide of the poses you can do to target specific problems in your body and get you feeling better right away. Using the fun, fresh approach to yoga she is known for, Stiles takes on more than 50 common ailments ranging from arthritis and fibromyalgia to jiggly thighs and hangovers. Through a simple sequence of poses for each, suitable for the beginner through the advanced practitioner, she provides smart remedies that will keep you healthy and happy.

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