

City Library Reading Guide

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YOGA

AUTHOR	TITLE	YEAR	LOCATION
Brown, Christina	The yoga bible: the definitive guide to yoga postures	2003	613.7046 BROW
Chapman, Jessie	Yoga for inner strength	2004	613.7046 CHAP
Fraser, Tara	Yoga for you: a step by step guide to yoga at home for everybody	2003	F 613.7046 FRAS
Lark, Liz	Yoga for kids	2003	613.7046 LARK
Lasater, Judith	Living your yoga: finding the spiritual in everyday life	2000	181.45 LASA
Patel, Nita	Total yoga	2003	F 613.7046 PATE
Phillips, Kathy	The spirit of yoga	2001	F 613.7046 PHIL
Sparrowe, Linda	Yoga for healthy bones: a woman's guide	2004	613.7046 SPAR
Stewart, Mary	Yoga	2003	613.7046 STEW
Stewart, Mary	Yoga over fifty	1995	F 613.7046 STEW

Looking for more information?

- search the **catalogue** in the library or @ www.citylibrary.org.au
- or ask a City Library **staff member** to help you