



## Yogi Cats (Paperback)

By Paige Hodges

Mango Media, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. No other creature in the animal kingdom embodies the spirit of Yoga quite like cats. Blending meditation with exercise and the calming nature of cats, Yogi Cats truly defines what it means to be flexible and at one. From beginner to the expert, yoga poses are meant to bring out the best from your body and mind. Stretch and grow with these serene, adorable and energetic cats as they explain and attempt famous poses along with instructions and practical wisdom for you to try.



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