



Yoga Girl: Finding Happiness, Cultivating Balance and Living with Your Heart Wide Open

By Rachel Brathen

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Yoga Girl: Finding Happiness, Cultivating Balance and Living with Your Heart Wide Open, Rachel Brathen, By the yoga instructor who inspires more than one million followers on Instagram every day. Part self-help and part memoir, Yoga Girl is an inspirational look at the adventure that took writer and yoga teacher Rachel Brathen from her hometown in Sweden to the jungles of Costa Rica and finally to a paradise island in the Caribbean that she now calls home. With more than one million followers on Instagram, Brathen shares pieces of her life with the world every day. In Yoga Girl, she gives readers an in-depth look at her journey from her self-destructive teenage years to the happy and inspiring life she's built through yoga and meditation. Featuring spectacular photos of Rachel practising yoga in amazing locations, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle, Yoga Girl is all you need to inspire your own yoga journey.



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