



Bryan Kest: Spinal Strengthening (CD & Booklet)

Bryan Kest

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Bryan Kest draws upon personal experience of injuring and going through a healing process with his own back to produce this extensive yoga routine for a healthy spinal region. This is the second in a series of live recordings just made available to the general public. The recording is of one of Bryan's 90 minute classes at his very popular Santa Monica, CA studio, in audio CD format accompanied by a beautiful instructional booklet. The audio CD is segmented into 8 tracks for easy repeating or forwarding. The booklet has over 100 photographed asanas (positions) that track the recording, along with detailed written instruction for key poses provided by Bryan. A nice treat: Bryan Kest is one of the two models photographed for the asanas.

In addition to being an excellent, complete yoga routine for your library, the CDs are a compact format perfect for travelers.

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