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Gardener's Yoga: 40 Yoga Poses to Help Your Garden Flow

Veronica D'Orazio

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Here are 40 yoga poses specifically designed for gardeners' bodies and spirits to stretch, relax, and grow through the seasons. With the right sequence of yoga poses, a gardener's body can bend with the wind and stretch to the sky to alleviate the aches that come from all that digging, pulling, and carrying. In this beautifully illustrated book, yoga poses are divided into seasonal sequences--or flows--each addressing the gardener's body, the state of the garden, and the natural world. The practice of yoga aligns perfectly with gardening in its motions, metaphors, and calming effects.

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