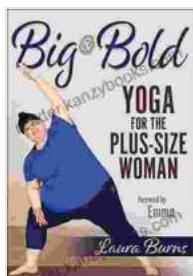


Big Bold Yoga for the Plus Size Woman: Unleash Your Inner Yogi

<meta name="keywords" content="Big Bold Yoga, Plus Size Yoga, Curvy

Alt Attribute Descriptions:

- **Big Bold Yoga Cover:** A vibrant book cover featuring a curvy woman practicing yoga, showcasing the inclusivity and empowerment of the guide.
- **Ashlee Cook Photo:** A portrait of Ashlee Cook, the renowned yoga instructor and author of "Big Bold Yoga for the Plus Size Woman."
- **Yoga Pose Sequence:** A series of photographs demonstrating modified yoga poses adapted for plus size bodies, highlighting the tailored guidance provided in the book.
- **Inclusive Yoga Community:** A group photo of diverse women practicing yoga together, capturing the supportive and welcoming atmosphere of the "Big Bold Yoga" community.



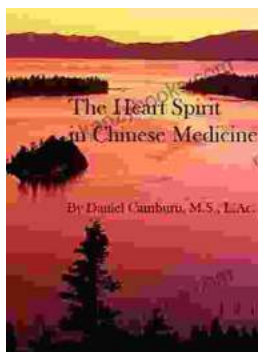
Big & Bold: Yoga for the Plus-Size Woman by Laura Burns

★★★★★ 5 out of 5

Language : English
File size : 61178 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 216 pages
Lending : Enabled

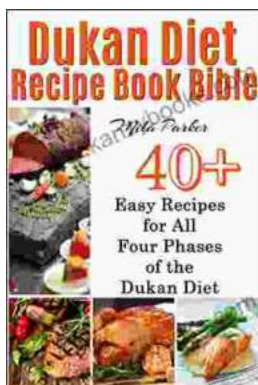
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