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[Christina is the author of several books on yoga and natural health including the bestselling The Yoga Bible \(Godsfield, 2003\), Quick & Easy Yoga \(Duncan Baird, 2008\), The Book of Yoga \(Parragon, 2002\), Ten Minute Yoga \(Sterling, 2003\), The Ayurvedic Year \(Storey Books, 2002\) and Yoga \(Parragon, 2001\). Christina's practice is inspired by many Hatha Yoga traditions.](#)

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About the Author: Internationally renowned teacher and bestselling author Christina Brown has been practising yoga since 1989 and teaching for two decades.

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