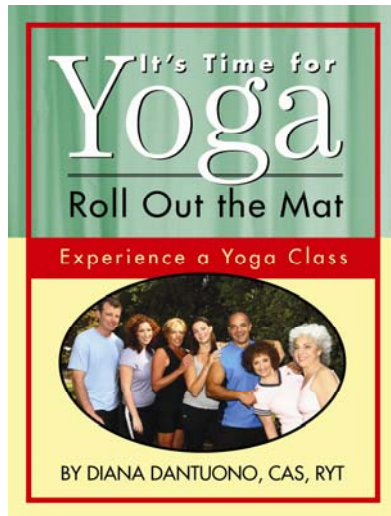


FEATURED AUTHOR

Diana Dantuono, author of

**It's Time for Yoga, Roll Out the Mat:
Experience a Yoga Class**



About My Book

It's time for you to make a commitment to better health. It's time for you to stop making excuses, to empower yourself, to take control, and to try that yoga class. *It's Time for Yoga, Roll Out the Mat: Experience a Yoga Class* could be the book that sets you on the path to improving your mind, body, and spirit.

It's Time for Yoga provides you with specific, easy to follow, step by step instruction for each pose. The photographs depict proper body alignment, body posture, and techniques to ensure that even a novice can have a successful and enjoyable yoga experience. The question and answer chapter provides you with a general knowledge of the yogic philosophy, as well as the spiritual, physical, and mental benefits that yoga brings to your life.

About the Author

Diana Dantuono is a registered yoga instructor who has practiced and taught yoga since 2000. She teaches on Long Island, New York, and has conducted workshops on the philosophy and benefits of yoga. She has been involved in yoga projects for the mentally ill and for cancer survivors.

Diana holds a certificate of advanced study in educational administration from Hofstra University, a master's in special education from Long Island University, and a post-baccalaureate certificate in gerontology from Adelphi University, and is certified in English as a Second Language teacher. She also holds a certificate in Reiki, Level II.

When she is not practicing or teaching yoga, Diana is a special education teacher for the New York State Office of Mental Health.

Excerpts from Inside the Book

Warrior II Pose

This pose strengthens the legs, arms, and ankles; stretches the groin, chest, and shoulders; increases stamina; and improves balance and coordination. If you experience discomfort turning your head, look straight.

Again place your right leg at 90 degrees, for this pose, four feet apart, heel to instep alignment. Turn the left foot slightly to the left. Square your hips forward. Inhale arms in T.

Testimonials

"At last! Photos of real people presenting poses that are achievable. I like the way the pages segue into the next position. I feel as if I can be part of a yoga class anytime I can fit it into my hectic schedule."

– Diana D. DePalma, Dental Practice Administrator

"This book offered me an opportunity of attending a yoga class without leaving my home. The step by step instruction, clear pictures, and large print made my introduction to yoga a positive experience. I am now embarking on my own yoga journey. Thank you."

– Jaclyn Vercellone, Art Teacher

"As an active senior citizen I know how important it is to remain flexible and keep my bones strong. I have found this book invaluable as an adjunct to a healthy lifestyle. Yoga gives me the energy to continue bowling, painting, volunteering, and gourmet cooking and baking. I am in my seventies and feel like a kid again."

– Phyllis Masi, Senior Citizen