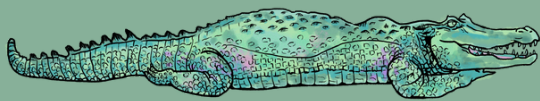


A GUIDE TO BECOMING ANIMAL ON YOUR YOGA MAT

Sales: *Wild Asana* is published by North Atlantic Books and distributed by Penguin Random House. Order through your existing PRH account or email: customerservice@penguinrandomhouse.com.



Author events:
aazak127@gmail.com



About the book:

Ever wonder about the dog in Downward Dog? Rewild your yoga practice by connecting to the animals behind the asanas.

From Pigeon to Cobra, *Wild Asana* is a collection of nature essays that invites readers into an embodied exploration of the animals that inspire familiar yoga poses. Drawing on wildlife science, anthropology, Hindu mythology, Eastern philosophy, and personal stories, this insightful guide by wildlife conservationist and yoga instructor, Alison Zak, explores the connections among our bodies, our minds, and the animals that inspire our practice.

With encompassing ecological compassion, gorgeous original illustrations, profound insight into animal wisdom, and the humor and perspective of lived experience, Zak offers a path to deepen and enliven the practices of animal lovers, first-time yoga students, and experienced practitioners alike.



About the author:

ALISON ZAK is an author, yoga teacher, anthropologist, and animal, living in northern Virginia. In addition to her writing and spiritual practices, Zak runs the Human-Beaver Coexistence Fund. Learn more at alisonzak.com or @animal_asana on Instagram.