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### Total Yoga Tara Fraser

Tara is the founder and director of Yoga Junction in north London where she trains teachers and leads workshops and classes. She is a Diploma Course Tutor for the British Wheel of Yoga and is a member of their education committee. A regular contributor to the magazine Yoga and Health, she is the author of many books on Yoga, including 3 for DBP.

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Tara Fraser, author of Total Yoga: A Step-By-Step Guide to Yoga at Home for Everybody, on LibraryThing LibraryThing is a cataloging and social networking site for booklovers Home Groups Talk Zeitgeist

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### Tara Fraser - Watkins Publishing

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