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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 - Watkins Publishing

Total yoga : a step-by-step guide to yoga at home for everybody. [Tara Fraser] -- The perfect introduction to yoga is offered by a leading teacher who shows how yoga can benefit everyone, no matter what their level of fitness or suppleness.

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