



# Yoga Girl

*Rachel Brathen*

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**Yoga Girl** Rachel Brathen

**NEW YORK TIMES BESTSELLER**

By the yoga instructor who inspires more than one million followers on Instagram every day.

Whether she's practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel Brathen—Instagram's @Yoga\_Girl—has made it her mission to share inspirational messages with people from all corners of the world. In *Yoga Girl*, Brathen takes readers beyond her Instagram feed and shares her journey like never before—from her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life she's built through yoga and meditation in Aruba today.

Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle—*Yoga Girl* is like an armchair vacation to a Caribbean spa.

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