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Marilyn Barnett is the author of the new
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Marilyn Barnett is the author of the new book, “Hot Yoga, Energizing, Rejuvenating and Healing” (Barron's; 2003; \$14.95). She is a certified Bikram Method yoga instructor and co-owner of Yoga Connection Tribeca in New York City.

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Bikram Yoga has been known to prevent and heal a wide range of diseases, illnesses, and injuries. It has a rejuvenating, energizing effect both mentally and physically. The series of postures is highly therapeutic for people of all fitness levels and ages (min 18 years old).

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