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By Barbara Currie

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Barbara Currie began teaching Yoga 40 years ago and has become one of the UK's leading experts in this field. 10 Minutes in the Morning Yoga Workouts;

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Originally trained as a nurse, Barbara Currie first practised yoga in the 1960 s. She was one of the first in the UK to bring yoga to the general public.

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Barbara Currie is the author of 10 Minute Yoga Workouts (3.70 avg rating, 10 ratings, 1 review, published 2003), Yoga Workout (4.27 avg rating, 11 rating

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