



Yoga For Regular Guys

(NAPSA)—If you're anything like three-time World Champion Wrestler Diamond Dallas Page, you probably never pick up a book that tells you how to do things.

A self-professed “regular guy,” Page thought he knew it all until he discovered what a great work-



out yoga could be. Although he had previously thought of it as a lightweight “girlie” workout, Page tried it once in an attempt to relieve back pain and immediately became a fan.

He became such a fan, he wrote a book, “Yoga for Regular Guys” (Quirk Books, \$19.95).

“Yoga has definitely become mainstream in the U.S. but it has yet to reach the Regular Guy,” said Page. “And that’s not going to happen until the Regular Guy has someone teaching him whom he can relate to. I am that guy.”

According to Page, it’s yoga the way guys really do it—a fitness program to improve strength and endurance while giving you access to hot “yoga-babes.”

It’s available wherever books are sold and at amazon.com.