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Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Author Benjamin Lorr wandered into a yoga studio and fell down a rabbit hole. Hell-Bent explores a fascinating, often surreal world at the extremes of American yoga. Benjamin Lorr walked into his first yoga studio on a whim, overweight and curious, and quickly found the yoga reinventing his life. He was studying Bikram Yoga (or hot yoga) when...

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- Authored by Ben Lorr, Benjamin Lorr
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