

An illustrated guide to yoga practice and philosophy for cyclists

Pedal, Stretch, Breathe

The Yoga of Bicycling

by Kelli Refer

"This is a tiny tome that makes me want to get on my bike, and to bike more mindfully and healthfully, and get even more enjoyment from it than I already do. It describes the many ways that I can enhance my biking experience, to make biking yoga...so that, instead of biking to yoga class, I can yoga to yoga class. Awesome." —Jay Winston, *Elephant Journal*

"I need a recording of those words read in a calm, yoga-teacher voice to play whenever I get frustrated by heat, cold, potholes, or drivers.... *Pedal, Stretch, Breathe* is a unique and thoughtful read for anyone interested in both bicycling and yoga." —*Let's Go Ride a Bike*

If you're a bicyclist who's curious about yoga (or just about why your hips feel so tight after a long ride), a yoga practitioner who's curious about cycling, or a full-fledged bicycling yogi, you'll enjoy this illuminating book. In a friendly, accessible voice, Refer integrates yogic techniques and philosophy with everyday bicycling. Inspired by Refer's years of learning and teaching yoga, and the many miles she's traveled up and down the hills of Seattle, *Pedal, Stretch, Breathe* is a remarkable resource. Sections of the book include: How to breathe your way up the steepest hills (and the science behind bike paths and air quality), a flow chart of stretches to ease your achy knees and sore back, a guide to your and your bicycle's chakras that will charm any skeptic's heart, learning to get over road rage, and so much more!

SUBJECT: Yoga / Cycling / Health
PUBLICATION: **August 8, 2017**

PRICE: **\$9.95**

ISBN: 978-1-62106-637-8

FORMAT: 128 pages, 5.5x6.75"

CARTON QTY: 52

ART: b/w illustrations throughout

Marketing Notes

1. According to a study, 80 million Americans will likely try yoga for the first time in 2016
2. 79% of yogis engage in other forms of exercise such as bicycling
3. As of 2012, there are roughly 100 million bicycles in the U.S.

Comparative Titles

- *The Culinary Cyclist* Anna Brones
9781621068259 (Microcosm) \$9.95, 2015
- *Everyday Bicycling* Elly Blue
9781621069058 (Microcosm) \$9.95, 2015



Kelli Refer is a yoga instructor, bicycle advocate, and plant lover who lives in Seattle, Washington. She has been practicing yoga since 2005 and has been an avid bicyclist since 2008. She believes that "yoga and bicycling greatly inform each other on both a physical and mental level. Both are great tools for connecting people to their bodies and the present."

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MICROCOSM PUBLISHING

Distributed by Legato / Perseus (World) and Turnaround (UK)
Direct sales: Microcosm Publishing | 2752 N Williams Ave. | Portland, OR 97227
microcosmpublishing.com | cyn@microcosmpublishing.com | 503-232-3666
Made in the USA

