Miriam Austin COOL YOGA TRICKS By the author of Yoga far Wimps: Poses for the Flexibly Impaired "If the idea of stretching sounds about as relaxing as a tooth extraction, Miriam Austin hears your pain. [She] knows how to coax flexibility from a steel girder." —0 magazine

Cool Yoga Tricks (Paperback)

Filesize: 3.33 MB

Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me).

(Jamar Stracke)

COOL YOGA TRICKS (PAPERBACK)



Random House USA Inc, United States, 2003. Paperback. Condition: New. Trade Pbk. Language: English. Brand New Book. Craving yoga s benefits but unable to perform even the simplest postures? Think yoga is only for rubber-limbed supermodels? If your yoga practice is giving you more stress than stress relief, Cool Yoga Tricks is the answer to your prayers. Although it seems like everyone from Madonna to your eighty-three-year-old Uncle Teddy is practicing yoga, most of us are unable to do even the simplest classic yoga poses without undue stress and strain. Now in this clear, understandable, easy-to-follow book, Miriam Austin offers alternative yoga routines that help you reap the greatest rewards from your yoga practice, and she reveals shortcuts to help you perform yoga like a pro. Using everyday items, such as chairs, walls, and blankets, Miriam Austin shows how those of us with normal flexibility limitations can experience the very real benefits of yoga--without dislocating our joints, overstretching our muscles, or giving up in frustration. She makes the basics simple, doable, and down-to-earth. Dog Tricks--lengthen your spine more fully with these Downward Facing Dog tricks, designed to relax your neck, shoulders, and back--and make your Dog Pose much more lovable. Befriending Backbends-increase your preztebility with a little help from your friends--and from some garden-variety folding chairs. Tweaking Your Twists--learn the techniques that will stretch your spine and give you more life energy. Super Stretches--feel as limber as your average bowling ball? Gently coax your muscles to new lengths by practicing the routines in this chapter.

- Read Cool Yoga Tricks (Paperback) Online
- Download PDF Cool Yoga Tricks (Paperback)

Other Kindle Books



THE Key to My Children Series: Evan s Eyebrows Say Yes

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about...

Download ePub »



Ne ma Goes to Daycare

AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is about a little biracial (African American/Caucasian) girl s first day...

Download ePub »



Dude, That's Rude!: (Get Some Manners)

Free Spirit Publishing Inc.,U.S., United States, 2007. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Kids today need manners more than ever, and Dude, That's Rude! makes it...

Download ePub »



Estrellas Peregrinas Cuentos de Magia y Poder Spanish Edition

Pinata Books. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.3in. x 5.4in. x 0.6in. First ever Spanish-language edition of the critically acclaimed collection of short stories for young adults by a master of Latino literature...

Download ePub »



Gypsy Breynton

Echo Library. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Hon. Gypsy Breynton, Esq., M. A., D. D., LL. D., c., c. Gypsy Breyiiton, R, R....

Download ePub »