



Yoga for DUMMIES, (Second Edition)

By Larry Payne

Wiley, 2014. Softcover. Condition: New. 5th or later edition. This revised edition of Yoga For Dummies provides 25 percent new and revised content, presenting new concepts for the yoga community, while maintaining its emphasis on safe approaches to the physical practice of yoga, and an accessible discussion of yoga philosophy and meditation. Contents:- Introduction. Part I: Off to a Good Start with Yoga. ? Yoga 101: What You Need to Know. ? Ready, Set, Yoga! ? Prep Before Pep: Ensuring a Fruitful Yoga Practice. ? Relaxed Like a Noodle: The Fine Art of Letting Go of Stress. ? Breath and Movement Simplified. Part II: Postures for Health Maintenance and Restoration. ? Please Be Seated. ? Standing Tall. ? Steady as a Tree: Mastering Balance. ? Absolutely Abs. ? Looking at the World Upside Down. ? Easy `round the Bends. ? Several Twists on the Yoga Twist. ? Dynamic Posture: The Rejuvenation Sequence and Sun Salutation. ? A Recommended Beginners` Routine for Men and Women. Part III: Creative Yoga. ? Designing Your Own Yoga Program. ? It`s Never Too Soon: Pre- and Postnatal Yoga. ? Yoga for Kids and Teens. ? It`s Never Too Late: Yoga for Midlifers and Older Adults....



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