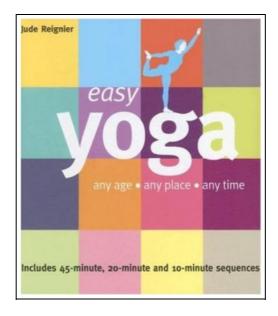
# Easy Yoga: Any Age, Any Place, Any Time (Paperback)



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## Reviews

A must buy book if you need to adding benefit. We have study and so i am sure that i am going to likely to study once again again in the foreseeable future. I realized this book from my i and dad encouraged this ebook to discover.

(Duane Fadel)

## EASY YOGA: ANY AGE, ANY PLACE, ANY TIME (PAPERBACK)



Eddison Books Ltd, United Kingdom, 2007. Paperback. Condition: New. Language: English. Brand New Book. Easy Yoga presents 21 traditional Hatha yoga postures that are safe, comfortable and achievable for anyone. Practising yoga regularly offers amazing physical benefits: it boosts circulation, supporting the action of the heart; flushes out toxins; speeds up the delivery of nutrients needed for muscle repair; and stills the mind. Yet, what makes this book unique is that, for the first time in a yoga book, you can see what s really going on under the skin - at a glance. The timed Easy Yoga sequences - 45-, 20- and 10 minutes - are perfect for those with busy lifestyles who don t have time to attend a standard 90-minute class. The 45-minute session is structured to include easy, yet highly effective, postures so you can have your own yoga class at home whenever it suits you. And when you are familiar with the 45-minute session, you can begin to use the shorter ones, which use some of the same postures, in different combinations - they are excellent for energizing your mind and body, or letting go of tension, when you are short of time and need a quick fix. As you become adept, you Il find you practise them without too much thought, allowing the poses to naturally flow with the breath. You Il enjoy the sensation of mind-calming, deep breathing, and an energized body. Over just a few weeks, your muscles will become more toned and flexible, your body less stressed, and, overall, your health will improve.



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