



Lillas! Yoga: Your Guide to Enhancing Body, Mind, and Spirit in Midlife and Beyo

By Folan, Lillas.

Skyhorse. 1 Paperback(s), 2011. soft. Book Condition: New. While traditional yoga poses and stretches can be a problem for stiffer, less pliable bodies, age should not limit your practice, says Lillas Folan, the teacher who popularized yoga in America with her PBS television program Lillas! Yoga and You. In this fully illustrated guide she introduces "yin" yoga, a specific, safe, and creative way to stretch and strengthen within each yoga posture. "If your mom complains she's too old for yoga, you might want to give her this book. Folan's offering provides a thorough exploration of aging, anatomy, relaxation, breath work, and meditation, and presents asanas in a friendly, accessible, unintimidating way."Yoga Journal 248.



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Reviews

Comprehensive guide for publication lovers. it absolutely was writtern really flawlessly and valuable. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for concerning if you ask me).

-- **Rowan Gerlach II**

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases and not confusing. You will not feel monotony at anytime of your respective time (that's what catalogues are for concerning if you ask me).

-- **Dr. Celestino Treutel**

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