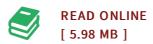




Lilias! Yoga: Your Guide to Enhancing Body, Mind, and Spirit in Midlife and Beyo

By Folan, Lilias.

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 Lilias Folan, the teacher who popularized yoga in America with her PBS television program Lilias! 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.



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

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-- Dr. Celestino Treutel

Relevant Kindle Books



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Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...



Rumpy Dumb Bunny: An Early Reader Children's Book (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 203×133 mm. Language: English . Brand New Book ***** Print on Demand *****.Rumpy is a dumb bunny. He eats poison ivy for breakfast and annoys the other forest creatures with his dim-witted...



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



A Parent's Guide to STEM (Paperback)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English. Brand New Book ***** Print on Demand *****. This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...