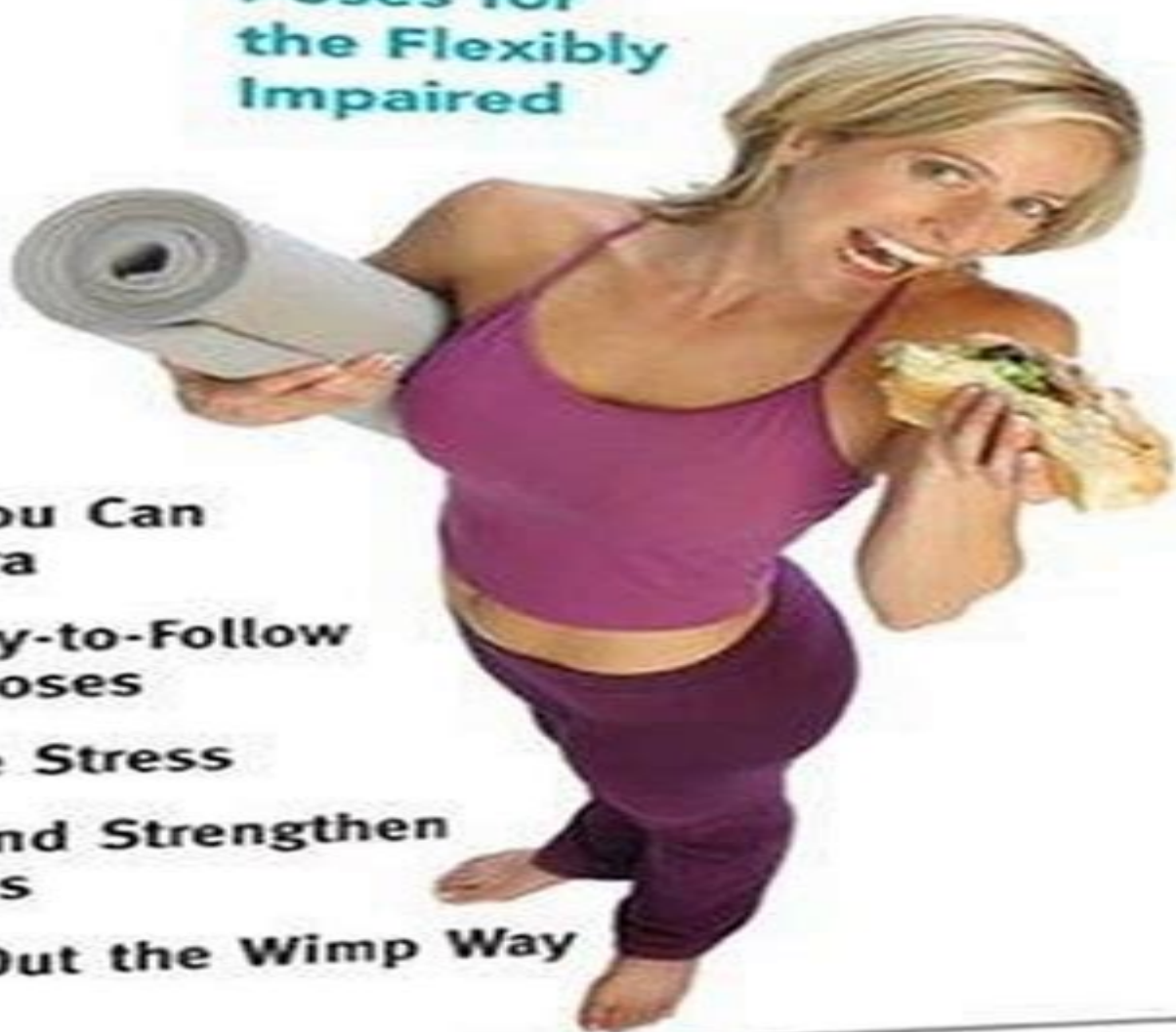




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The Publishers Weekly ,2003 Yoga Barbara Sheen,2014-11-14 Yoga has become extremely popular in todays fitness world but its benefits go well beyond the physical Author Barbara Sheen discuss the scientific principals behind the sport of yoga This book describes the physics used and how to avoid injuries It also details the benefits that doing yoga has on the body and the mind

Relax into Yoga for Seniors Kimberly Carson,Carol Krucoff,2016-11-01 Based on the pioneering Yoga for Seniors program offered at Duke Integrative Medicine and the Kripalu Center for Yoga and Health this book teaches seniors the twelve principles of practice guiding them step by step along with posture illustrations on a six week program for improved balance flexibility and overall well being

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