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Yoga at Home: Gain Energy, Flexibility, and Serenity in 20-30 Minutes a Day

By Laura Venecia Rodriguez

Createspace, United States, 2011. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.An inspirational, motivational beginner's guide to becoming slim, supple, and serene with gentle yoga. Feel 25 even if you're 35, 45, 55 or more and look your personal best by studying the ancient, powerful practice of gentle yoga at home. Learn how to create a customized, self-paced 20-30 minute daily yoga regime. Discover creative ways to stay motivated and to keep your practice fresh and fun. The book is designed for: 1) people who feel intimidated by the pretzel-like yoga poses splashed in yoga magazines and books; 2) individuals who have tried a class and couldn't keep up with the instructor's explanations because they require slower paced or more personalized instruction; 3) consummate non-athletes and klutzes like Laura who feel inadequate and embarrassed in classes filled with athletic yogis on either side of their mat who seem to execute the poses with such ease; 4) busy people who don't have time to commute back and forth to take an hour-long class at the local yoga studio or gym; and 5) individuals who don't...

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