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YOGA FOR HIKERS: HOW TO STRETCH, STRENGTHEN, AND HIKE FARTHER (PAPERBACK)



Mountaineers Books, 2016. Paperback. Condition: New. Language: English . Brand New Book Yoga for Hikers will show you how to create a yoga practice at home that will keep you healthy, prevent injuries, and support and improve your outdoor passions. This guide feature easy-to-understand yoga poses and sequences designed to address the specific stresses that hiking enact on the body. This guide feature: - Detailed overviews of the areas of the body most impacted by climbing and hiking - Injuries...

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- Authored by Nicole Tsong
- Released at 2016



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