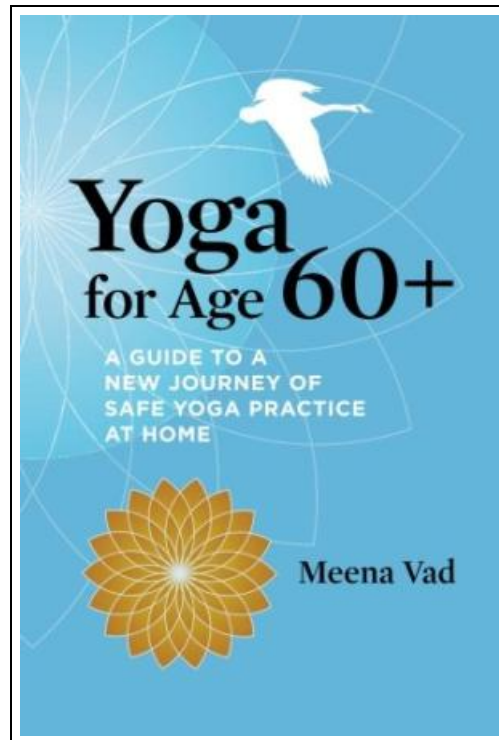


Yoga for Age 60+: A Guide to a New Journey of Safe Yoga Practice at Home (Paperback)



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Reviews

This book will never be easy to start on reading but quite exciting to see. It is actually rally intriguing through looking at period of time. Your daily life span will be convert once you total looking over this book.
(Torrance Vandervort)

YOGA FOR AGE 60+: A GUIDE TO A NEW JOURNEY OF SAFE YOGA PRACTICE AT HOME (PAPERBACK)



Om Capital Management Inc. D/B/A Austin Ashram, United States, 2011. Paperback. Condition: New. George Matchen (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Whether you re sixty, eighty, ninety, or somewhere in between, Meena Vad s inspirational, informative, and spiritually charged debut handbook, *Yoga for Age 60+: A Guide to a New Journey of Safe Yoga Practice at Home*, is a smart read with a smart goal. With an engaging style and meticulously crafted illustrations, Vad prompts each of us to take control of our bodies and minds, because when it comes to the later years-our health is in our hands. Go ahead-strike a pose. After years of studying Sanskrit, Vedic literature, and Ayurveda, and working as a Software Engineer, Meena Vad compares the human brain to a supercomputer. Each of us has a huge memory-with different software and hard drives-and it all comes down to experiences and perspective. To her, the practice of yoga isn t confined to postures. Yoga depends on one s individual aptitudes, abilities, and preferences. It s about helping each of us manage the unique treasures of our journey and recharge our bodies and minds. Yoga also celebrates our attitude of wonder, curiosity, and joy towards that which allows us to remain in the flow of life. In twelve succinct chapters like *Yoga of Postures*, *Yoga of Breathing (Pranayama)*, *Yoga of Meditation (Dhyana Yoga)*, *Yoga of Devotion (Bhakti Yoga)*, and *Yoga for Specific Conditions*, the author shows readers how to tap into vitality, inner peace, and harmony. With over half the book dedicated to learning postures with the help of detailed descriptions and illustrations, Vad allows readers to begin at home at their own pace. A third component of this yoga tutorial is a section of poses for specific health conditions. This...



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