



Anywhere, Anytime, Any Body Yoga

A PRACTICAL GUIDE
TO USING YOGA
IN EVERY DAY LIFE



Emily Slonina

Anywhere Anytime Any Body Yoga

Allen Spraggett



Anywhere Anytime Any Body Yoga:

Anywhere, Anytime, Any Body Yoga Emily Slonina, 2011-01-01 Anywhere Anytime Any Body Yoga is for anyone interested in improving health and flexibility who does not have the time or money to visit a yoga studio or cannot sit on the floor and twist like a pretzel Anyone can practice yoga regardless of their physical condition flexibility or schedule The book introduces the spiritual and physical benefits of yoga and how readers can learn to work with their own body type to perform postures safely and effectively Sections include Chair Yoga Bed Yoga Travel Yoga Office Yoga and Anywhere Yoga Each chapter features step by step instructions and clear corresponding illustrations In every picture the moves are performed by regular yoga practitioners and not flexible and intimidating superstars For people with physical limitations or illnesses the book focuses on stretching pain prevention and reduction relieving stress and helping with symptoms of sickness The postures work out every part of the body and feature exercises that can be done in comfortable positions with many simpler alternatives With no acrobatics needed these postures can be done anywhere the reader desires be it standing in lines in waiting rooms even while watching TV For frequent travelers there are stretches to relieve commuter stress keep flexible and prevent blood clots jet lag and anxiety This book is tailored for adults who would like to enjoy the benefits of yoga but can't devote their lives to it

Anywhere, Anytime, Any Body Yoga Emily Slonina, 2010 This encouraging guide introduces the spiritual and physical benefits of yoga and explains how readers can learn to work with their own body type to perform postures safely and effectively Sections include Chair Yoga Bed Yoga Travel Yoga Office Yoga and Anywhere Yoga Each chapter features step by step instructions and clear corresponding illustrations In every picture the moves are performed by regular yoga practitioners and not intimidating masters For people with physical limitations or illnesses the book focuses on stretching pain prevention and reduction relieving stress and helping with symptoms of sickness The postures work out every part of the body and the book also features exercises that can be done in comfortable positions with many simpler alternatives For frequent travelers there are stretches to relieve commuter stress keep flexible and prevent blood clots jet lag and anxiety With no acrobatics needed these postures can be done anywhere from standing in line to watching TV

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