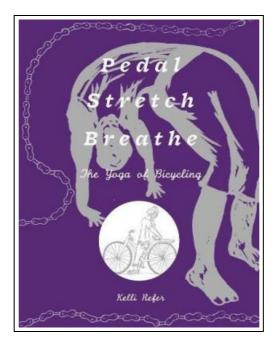
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(Emmett Mann)

PEDAL, STRETCH, BREATHE: THE YOGA OF BICYCLING (PAPERBACK)



Microcosm Publishing, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book. Connect with your body, calm your mind, and enjoy getting around by bicycle. If you re a bicyclist who s curious about yoga (or just about why your hips feel so tight after a long ride), a yoga practitioner who s curious about cycling, or a full-fledged bicycling yogi, you ll enjoy this illuminating book. In a friendly, accessible voice, Refer integrates yogic techniques and philosophy with everyday bicycling. Inspired by Refer s years of learning and teaching yoga, and the many miles she s traveled up and down the hills of Seattle, Pedal, Stretch, Breathe is a remarkable resource. Sections of the book include: How to breathe your way up the steepest hills (and the science behind bike paths and air quality), a flow chart of stretches to ease your achy knees and sore back, a guide to your and your bicycle's chakras that will charm any skeptic's heart, learning to get over road rage, and so much more!.



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