



## Yoga for Hikers: Stretch, Strengthen, and Climb Higher

By Nicole Tsong

Mountaineers Books, United States, 2016. Paperback. Book Condition: New. 178 x 127 mm. 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. These guides feature easy-to-understand yoga poses and sequences designed to address the specific stresses that hiking enacts on the body. Through a simple and accessible approach to physical poses and breathing practices, hikers learn ways to strengthen their core, stabilize their joints, and gain overall balance. Yoga can help hikers combat the repetitive pounding of feet on hard trail, the occasional ankle twist caused by a misstep on a root, knee strain from descending hundreds of feet, or neck and shoulder stiffness that develops from carrying a pack. The practices detailed in Yoga for Hikers are designed to help athletes of all levels better connect to their bodies and, through attention to breath, feel more at ease in our sports, no matter how challenging the route. On your mats, you ll learn to release stress and anxiety and experience a deeper sense of calm, peace, and wonder that will translate to the trail.



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