



Smart Guide to Yoga

By Stephanie Levin-Gervasi

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Paperback. 246 pages. Dimensions: 9.2in. x 7.5in. x 0.5in. Smart Advice on how yoga can enhance emotional, physical, and spiritual well-being Smart Ways to relieve stress, strengthen your body, prevent and treat illness, and boost your stamina and energy Smart Tips on what yoga style is right for you, with step-by-step instructions on the poses that best suit your lifestyle and goals Smart Strategies to release physical tension and mental stress with the slow, gentle movements, poses, and breathing techniques of hatha yoga Smart Insights into the six branches of yoga, each a different experience in movement and meditation Smart Advice on yoga as alternative medicine to heal heart disease, chronic pain, arthritis, and other illnesses Smart Tips on finding a class and teacher that best suit your needs and will help you develop your own yoga practice Quick reading and easy referencing with lots of photos, a comprehensive index, and loads of sidebars and sources Smart Guides take readers seriously. They satisfy even the most curious persons desire to know the essentials about any of a wide range of topics--from vitamins to mutual funds to stress relief. Its all about good reading and expert information....



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