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Stay Young with Easy Yoga: How to Be Healthy, Strong, Flexible, and Focused in Your 50s, 60s, 70s, and Beyond

By Patricia Bacall

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Be Vital-icious as you progress through the years! Without good health as we age, it s impossible to enjoy the things in life that matter. Stay Young with Easy Yoga makes it possible to retain your ability to do everyday activities, such as turn around easily while backing up your car, bend over to cut your toenails or put on your shoes, pick up your grandkids, or reach for something on a high shelf. You can look, feel, and live better in a few weeks! Spend just minutes a day practicing Easy Yoga and. Strengthen your bones and the core muscles that keep your posture erect Brighten your brain and sleep better Avoid age-related falls Boost your immune system Gain energy and vitality, improve stamina Sooth your soul and minimize mood swings Lower your blood pressure and calm your nerves Gain control over brain fog, migraines, menstrual discomfort, digestive problems, constipation, and bladder problems Lose weight Add ease to your life with Easy Yoga! Why act your age if you don t have to? Seniors who consistently practice...



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