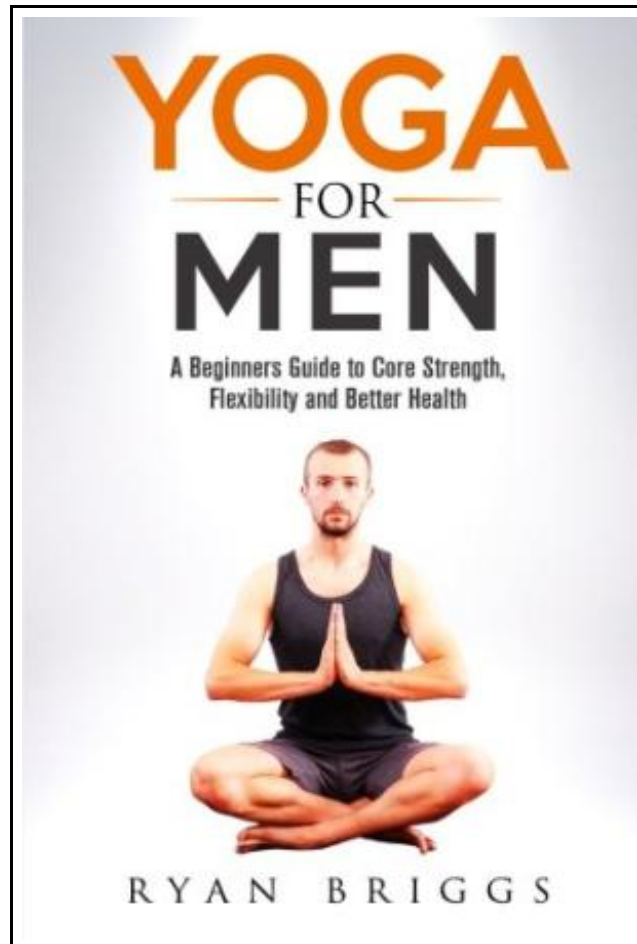


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Reviews

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Yoga For Men Learn to increase core strength, improve flexibility and have better health with this guide! Do any of these descriptions fit you? Athletic and looking for a way to stay fit in the off season? Super busy with stress overload and no time to exercise? Over or underweight and embarrassed about joining a gym? Not into team or competitive sports? Physically unable to do many forms of exercise due to disability or injury? Lacking in core strength and flexibility? If you can relate to any of these descriptions then this is the book for you. Yoga for Men - A Beginners Guide To Core Strength, Flexibility and Better Health is written specifically for men who have had little or no experience with yoga. Why create a yoga book just for men? Many men think yoga is only about easy flowing movements and spiritual chanting. Some may see it as something that real men don't do as it is a girly thing. However yoga was invented by men thousands of years ago. It's only in recent decades that it has become synonymous with women but the balance is shifting again. Now it is not uncommon to see huge footballers in a yoga class doing spine twists and lunges. The fact is that men and women are built differently (no surprises there) so their main physical concerns are often different. This book shows how yoga can address all of these concerns and much, much more. It includes: A brief summary of the styles of yoga and tips on finding the style that best suits you Easy to follow explanations of the main yoga principles Advice on...



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