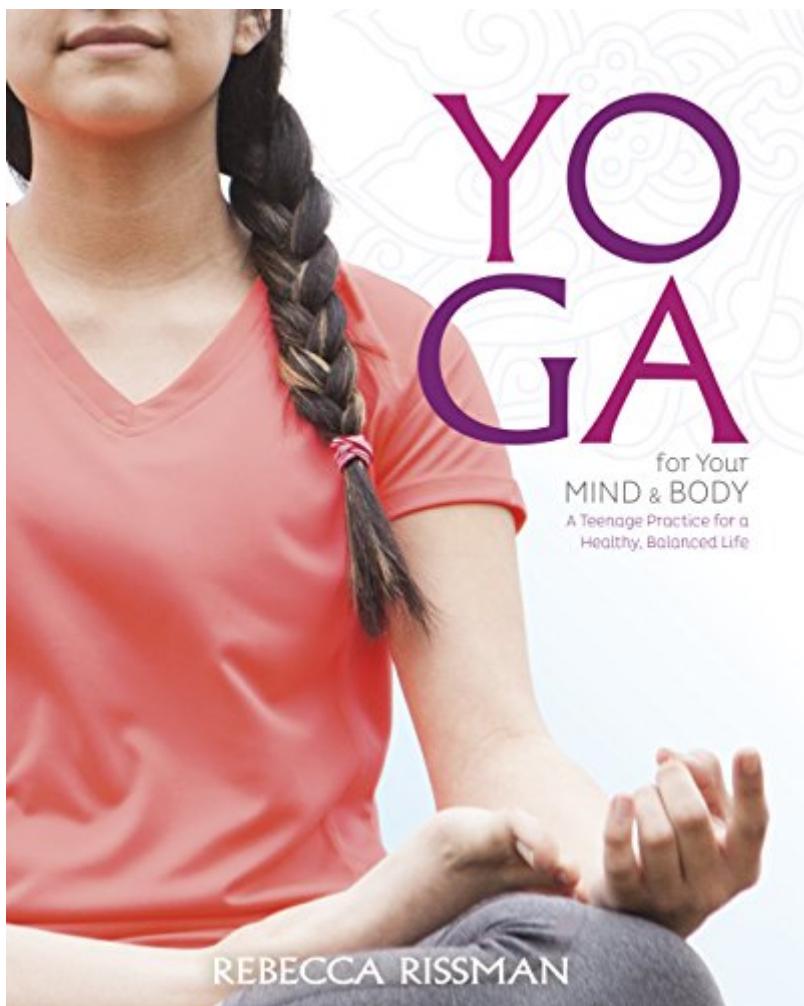


The book was found

# Yoga For Your Mind And Body



## **Synopsis**

Release your inner guru and unleash yoga's healing power. Relieve stress. Focus your mind. Build strength. Clear step-by-step instructions and photos guide you through more than 80 specific yoga poses. Study the perfect yoga poses and unlock the key to a healthy, fit, and calmer you!

## **Book Information**

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## **Customer Reviews**

As promised

Yoga for Mind and Body is the perfect reference for today's tweens and teens. With color pictures utilizing real young people doing each pose, this will be a valuable resource for both individuals and libraries. We all know that more exercise is needed by everyone and yoga is a low cost, low-impact option with the added benefit of stress relief. The tips for taking it easy and not getting hurt are invaluable. I will be buying a copy for my school library as soon as it comes out.

I started this book with the intention of actually doing some of the poses and try yoga. Well, it turns out that I didn't do any of those poses, but I checked all of them out. Some of them seemed easy to do and some of them looked very advanced. If I had a paperback I would have marked some pages and tried to do the poses when I wanted to. The instructions are very clear and understandable which is not happening in some books of the same genre. My only problem was the lack of anything extra material when it comes to yoga, the equipment that is needed and some tips for what to do to get healthier while doing yoga.

Very clear instructions. I do section or two at a time. I work on all the poses. Some are very advanced but hopefully I will be able to do it soon. The fact that the book is written for teenagers makes it so much easier to follow this instructions. The pictures are very good too - full page picture of the pose, sometimes with the initial pose in a small frame. Doesn't matter how old you are you can do it.

Oh man, did my daughter need this. This book is an excellent first step in both relaxation and fitness for my pre-teen daughter.

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