



Yoga to the Rescue: Remedies for Real Girls (61 Card Deck)

Amy Luwis

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"This is a fabulous exercise deck....you really want to know and hang out with these girls!" ----The Washington Post "I love this charming little book! " --The Daily Mail / Book of the Week "It's fun...it is like working out with a girlfriend." --Liz Phair "...If you can bear to give it away, it would make the perfect gift." --Pathways "Yoga to the Rescue is whimsy and yoga at its finest! This book will get any "body" onto the mat!" --Natalie Maisel - Certified yoga instructor Product Description Overwhelmed? Can't Sleep? In pain? Jiggly Butt? Yoga to the Rescue: Remedies for Real Girls is the tonic that every woman needs! Yoga greatly reduces stress, boosts energy, kick-starts the immune system, eliminates toxins, tones every muscle, increases confidence and clarity, and reduces pain (both physical and mental). And the best bit of all? Yoga is simple and unique to every individual. There is no such thing as the "perfect" pose and any pose can be modified to meet your needs and challenges. It doesn't matter if you are 8 or 80, flexible or stiff as a board, clumsy or graceful, yoga will work its magic on you! This amazing little volume is printed on super-thick recycled cardstock & fastened with a removable book ring, so you can create your own sequences, pinup a favorite pose, perfect for travel! Included: * 48 classic yoga poses to start your journey to total wellness. * Divided into 7 useful categories: Sexy, Calm, Energy, Restore, Sanity, Cleanse, PMS. * Each pose comes complete with fun, detailed illustrations. * Excellent instructions. * Benefits--both mental and physical. * Focus points--key elements that will help you achieve the correct pose. * An easier version of each pose is provided. * Yoga sequences included in each category. This clever, user-friendly tool brings so much levity to a typically somber subject, that it might just turn yogaphobics into yoginis and entice the sedentary into Virasana!

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Information is provisions for anyone to get better life, information currently can get by anyone at everywhere. The information can be a know-how or any news even an issue. What people must be consider while those information which is in the former life are difficult to be find than now could be taking seriously which one is acceptable to believe or which one the particular resource are convinced. If you have the unstable resource then you buy it as your main information we will see huge disadvantage for you. All those possibilities will not happen with you if you take Yoga to the Rescue: Remedies for Real Girls (61 Card Deck) as your daily resource information.

Trudy Clark:

Yoga to the Rescue: Remedies for Real Girls (61 Card Deck) can be one of your nice books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort to get every word into delight arrangement in writing Yoga to the Rescue: Remedies for Real Girls (61 Card Deck) yet doesn't forget the main position, giving the reader the hottest as well as based confirm resource info that maybe you can be one of it. This great information can certainly drawn you into new stage of crucial pondering.

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