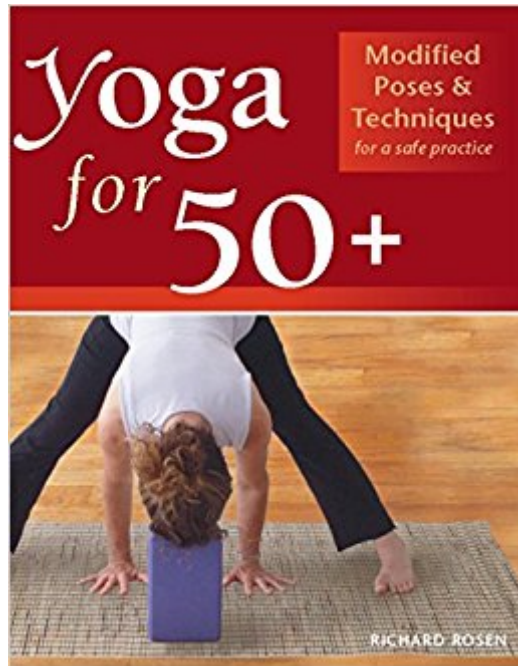




Ebook Directory
the best source of ebook

The book was found

Yoga For 50+: Modified Poses And Techniques For A Safe Practice



Synopsis

As baby boomers pass age 50, problems with knees, ankles, and backs are leading them into lower-impact forms of fitness. The stress of career and later-in-life children also have them seeking new ways to relax. Combine these pressures and it is no surprise that yoga is increasing in popularity among the 50-plus crowd. Tailored specifically for this burgeoning population, 50+ Yoga offers a straightforward approach that makes it easy to learn yoga at any age. The book's adaptable program allows readers in good shape to experience a challenging workout, while people with physical limitations benefit from gentler postures, breathing exercises, and meditation practices. Throughout the book, the author focuses on the needs of older beginning students, providing tips for moving comfortably into a pose, avoiding injury, and using helpful props, such as chairs, foam blocks, and cotton straps. The author details the basic principles of yoga and teaches the common elements of all postures and movements: alignment, breath, and awareness. However, the vast majority of the book is devoted to teaching the yoga poses through the use of step-by-step photos, clearly written instructions, and helpful hints from the author.

Book Information

Paperback: 128 pages

Publisher: Ulysses Press (August 23, 2004)

Language: English

ISBN-10: 1569754136

ISBN-13: 978-1569754139

Product Dimensions: 7.5 x 0.3 x 9.2 inches

Shipping Weight: 12.2 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 33 customer reviews

Best Sellers Rank: #309,667 in Books (See Top 100 in Books) #23 in [Books > Health, Fitness & Dieting > Aging > Exercise](#) #799 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Customer Reviews

The Yoga of Breath: A Step-By-Step Guide to

Pranayama---1570628890-14.95-Shambhala-08/2002-1800, 1700

The Yoga of Breath: A Step-By-Step Guide to

Pranayama|||1570628890|14.95|Shambhala|08/2002|1800, 1700

Though my Teacher Training is for the practice of VINYASA my training was more for those who are physically capable, it wasn't broken down for those just starting out or those who are limited and such. Thanks to my own injuries, this book allowed me to do a slower practice breaking asanas down and use of props.. This is a great book to teach us to modify and still be able to do yoga. For anyone, you don't have to be 50, but then again I know many 50 year olds who are more than capable to practice in advance sequences without modifications due to

very good program

This is a good book. Easy to follow the instructions.

Excellent yoga stretching poses and techniques for someone starting out or want to maintain a yoga regimen at home. Great photos exhibiting the poses and how to do them. I highly recommend the book for anyone trying to include yoga stretching exercises into their exercise routine or as a enhancer to a yoga class.

I'm enjoying the book. Done well

What I expected

I suppose it's my fault, what I really needed was 'yoga for 70+' to help me with the Gentle Yoga class I teach. This book doesn't really address the age-related concerns I run into with my older students, like how to work around hip replacements and osteoporosis, what to substitute for inversions when a student has glaucoma, etc. But, like I said, my students are well over age 50 (I'm nearly 50 myself) so it's my fault for expecting too much. The poses and prop variations it teaches are what I use in all my classes for less-flexible students of all ages. From that perspective, though, it's a fine book with clear instruction & illustration.

exactly what I needed

[Download to continue reading...](#)

Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation

Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga for 50+: Modified Poses and Techniques for a Safe Practice Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Yoga for All of Us: A Modified Series of Traditional Poses for Any Age and Ability Boudoir and Glamour Photography - 1000 Poses for Models and Photographers: Boudoir, glamour and lingerie photography poses with instructions on techniques ... * Master Pro Secrets Quick & Easy Book 9) Genetically Modified Foods : Banned By Other Countries but is a main staple of our diet! (Genetically modified organisms, Gmo, Food that ruin your life, ... Foods, organic food, Food addiction Book 1) Genetically Modified Organisms: Opening Pandora's Box with Genetically Modified Food Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect for Beginners with Yoga Poses Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Yoga for Beginners With Over 100 Yoga Poses (Boxed Set): Helps with Weight Loss, Meditation, Mindfulness and Chakras Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength Yoga: For Curvy Girls Guide - Easy Beginner's Poses for Women with Curves (Yoga for Stress Relief, Anxiety, Sleep & Weight Loss) The Complete Book of Poses for Artists: A comprehensive photographic and illustrated reference book for learning to draw more than 500 poses How to Draw Action Figures: Book 2: More than 70 Sketches of Action Figures and Action Poses (Drawing Action Figures, Draw Action Figures Book, How Draw Action Poses, Draw Comic Figures) 47 Must Have Pre Wedding Poses: Couple Poses Inspired By Bollywood Movies The American Yoga Association's Easy Does It Yoga : The Safe and Gentle Way to Health and Well-Being

[Contact Us](#)

[DMCA](#)

[Privacy](#)

