

The book was found

Yoga To The Rescue: Remedies For Real Girls (61 Card Deck)



Synopsis

"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!

Book Information

Cards: 64 pages

Publisher: Playground Press, Inc. (2007)

Language: English

ISBN-10: 0976959607

ISBN-13: 978-0976959601

Product Dimensions: 5 x 1 x 5 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (56 customer reviews)

Best Sellers Rank: #401,440 in Books (See Top 100 in Books) #62 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#) #65 in [Books > Health, Fitness & Dieting > Exercise &](#)

Customer Reviews

Yoga To The Rescue is hands down THE BEST YOGA BOOK ON THE MARKET. And I'm speaking as a yoga therapist who has read every positively reviewed book out there, desperately searching for something I could recommend that would really get people actually do yoga, stick with it AND do it right. Luwis' book is not the least intimidating. Quite the contrary. It makes yoga look fun. How many other yoga books can claim to do that??? It makes you want to plunge in the minute you open it up. It's not just for girls, either, or people new to yoga. It'd be great for just about anyone. Even those already committed to a yoga practice. MORE OF WHAT SETS IT APART FROM ALL THE COMPETITION: 1) The DRAWINGS far more effectively illustrate the poses than any others I've ever encountered. (Photographs often are inadequate to show precise positioning. Especially artful ones. And other drawings I've seen haven't measured up.) 2) The DIRECTIONS, although amazingly concise and simple to follow, still supply you with ALL the information that you need to perform them with confidence, to gain the greatest benefit. 3) It's the first yoga manual that I've ever seen that uses so few words and still succeeds in PROTECTING YOU FROM INJURY. (Amy Luwis' Iyengar background definitely shows.) I've never found a book before that succeeded in all those areas. What's more, I've never encountered a yoga book that was so witty and clever. Women of all ages, really (aside from those who have a physical challenge), offering modified poses for those a little less strong or limber. Teenagers really respond to it. My ten-year-old daughter can't get enough of it, either.

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

Yoga to the Rescue: Remedies for Real Girls (61 Card Deck) YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Real Estate: Learn to Succeed the First

Time: Real Estate Basics, Home Buying, Real Estate Investment & House Flipping (Real Estate income, investing, Rental Property) Yoga and Mindfulness Practices for Children Card Deck Yoga For Teens Card Deck Ask And It Is Given Cards: A 60-Card Deck plus Dear Friends card Healing with the Fairies Oracle Cards: Booklet and 44-Card Deck (Large Card Decks) Coaching Girls' Softball: From the How-To's of the Game to Practical Real-World Advice--Your Definitive Guide to Successfully Coaching Girls Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga

[Dmca](#)