



# Yoga Practice Worth It

**Richard L. Hittleman**



## Yoga Practice Worth It:

Yoga for seniors, the basics Urszula Stanowska, 2022-12-10 Yoga for seniors basics A detailed manual about yoga chair yoga their benefits and how to do The book describes step by step basic yoga positions and simple sequences for seniors absolute beginners and everyone who cares about their health and condition If you are an older adults who are looking for a safe effective way to improve physical health and overall wellness yoga can be a great solution You are never too old to reap the benefits of yoga Regular yoga practice can result in several benefits ranging from increased flexibility and balance to reduced stress and improved sleep The exercises in this book will help Improve Balance Improve Flexibility Enhance Mobility Relief joint pain Build Strength Relief Stress and Anxiety Relief full body pain Prevent falling Increase cardiovascular health And More In the book you will find clearly and accurately described over 20 basic postures with appropriate chair variants as well as simple and universal sequences All adapted to the abilities of seniors and people who want to try yoga but find it too difficult for them A safe and easy practice for self execution thanks to precise instructions Description of benefits and contraindications Possibility of independent and safe practice at home You can do yourself at home Clear and understandable graphic layout Numerous photos Book in pdf format Designed for comfortable reading on desktops tablets and smartphones

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