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Lilias! Yoga: Your Guide to Enhancing Body, Mind, and Spirit in Midlife and Beyo

By Folan, Lilias.

Skyhorse. 1 Paperback(s), 2011. soft. Book Condition: New. While traditional yoga poses and stretches can be a problem for stiffer, less pliable bodies, age should not limit your practice, says Lilias Folan, the teacher who popularized yoga in America with her PBS television program Lilias! Yoga and You. In this fully illustrated guide she introduces "yin" yoga, a specific, safe, and creative way to stretch and strengthen within each yoga posture. "If your mom complains she's too old for yoga, you might want to give her this book. Folan's offering provides a thorough exploration of aging, anatomy, relaxation, breath work, and meditation, and presents asanas in a friendly, accessible, unintimidating way."Yoga Journal 248.



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