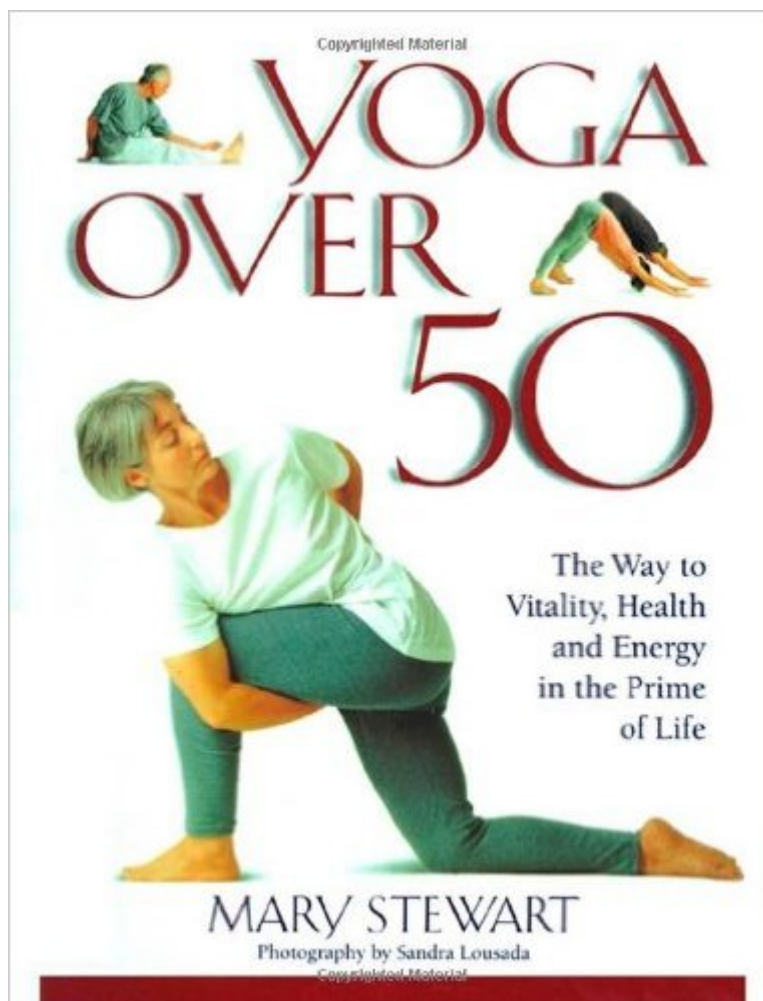




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# Yoga Over 50



## Synopsis

Ten minutes a day can transform your life! Whether you're looking for an alternative to more strenuous exercise, or a gentle yet efficient way to stay fit, Yoga Over 50 will enable you to reach new levels of physical vitality and mental clarity. As our bodies begin to show the signs of daily wear and tear, and workout programs which once seemed effective no longer meet our changing needs, yoga can be the ideal exercise. Low impact and non-competitive, invigorating rather than exhausting, and with an emphasis on keeping the body supple and the mind relaxed and focused, the ancient discipline of yoga can be practiced at anytime of life. The programs in Yoga Over 50 feature: -Step-by-step descriptions of yoga positions for active and resting poses -Programs suited to varying degrees of fitness, experience, and flexibility -Exercises to relieve specific problems, including headache, stiffness, and insomnia

## Book Information

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## Customer Reviews

Mary Stewart has been teaching yoga for more than 20 years to private clients, classes and teachers of yoga all over the world. She has developed methods based on breathing following the work of Vanda Scaravelli and believes that you can benefit from yoga well into old age. She began to learn yoga from a book and feels this is a good way of being introduced to yoga. This is her fifth book: her previous publications include Yoga for Children.

Chapter 1 MOUNTAIN and TRETTASANA & VRKSASANA The idea of a vertical line connecting earth and heaven comes from Vedic times. Later this was symbolized as a mountain,

with its roots in the earth and its peak in the heavens. The Mountain is aligned along the pull of gravity and should be both stable and relaxed. Tree pose grows along this same axis with its root going down as the branches stretch upward. Copyright &copy; 1994 by Webster's International Publishers

Lately I have been reading numerous books and other material on yoga for seniors and I have just finished reading one of the best yoga books of the group. I found this 11 by 8 1/2 128 page (Yoga over 50: the way to vitality, health and energy in the prime of life by Mary Stewart and photographs by Sandra Lousada) book a pure delight to read. The instructions were clear and concise, the full color photographs were beautiful and the explanation of the various postures was easy to understand. This is a book I would recommend to anyone but especially seniors. As someone who has been involved all my life with exercise and the martial arts, I am still always seeking ways to improve myself. Being a senior with medical issues has restricted the many physical things I used to do; however, I have also added about 15 yoga postures to my regular every day exercise routine. This excellent book covers a wide range of topics and a large number of yoga postures for beginners, intermediate people and even advanced experienced seniors. Some of the material covered in this text include: What yoga is about, history of yoga, the health benefits of yoga, standing poses, chair poses, upside down poses, lying flat, sitting poses, forward bends, back bends, twists, relaxation methods and beginner, standard and advanced yoga programs. Whether you are a beginner or advanced student of yoga this book is a fantastic reference source. If you are a senior taking yoga from an instructor, this book is an excellent reference source to further enhance your learning. Rating: 5 Stars. Joseph J. Truncale (Author: The Samurai Soul: An old warrior's poetic tribute).

Still hard for some who can not get on the floor. Guess I need the children's yoga

Better than I even hoped! This book is for the person who was limber and svelte once upon a time, but the years have gradually brought some stiffness, changed body shape and loss of confidence. The postures are clearly and simply described and photographed, and there are various programs to incorporate into a regular routine. I have been doing it daily for nearly three weeks, and already notice increased flexibility. This lady is a genius! And all the models are, indeed, over fifty.

was very hard if you did not do yoga before

love it

I borrowed it from my Yoga center and then decided to buy it myself. Great pictures and descriptions . As someone over 50, I can see people 50 and up are still doing Yoga. Love it!

I ordered this for my aunt that had to start doing Yoga for her health. She used it often and learned how to do yoga.

Very good book if already doing yoga. It would have been nice if it had mentioned that. I have never done yoga so don't know if it is going to help or not. I will give it a try if my 60+ body can get to moving.

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