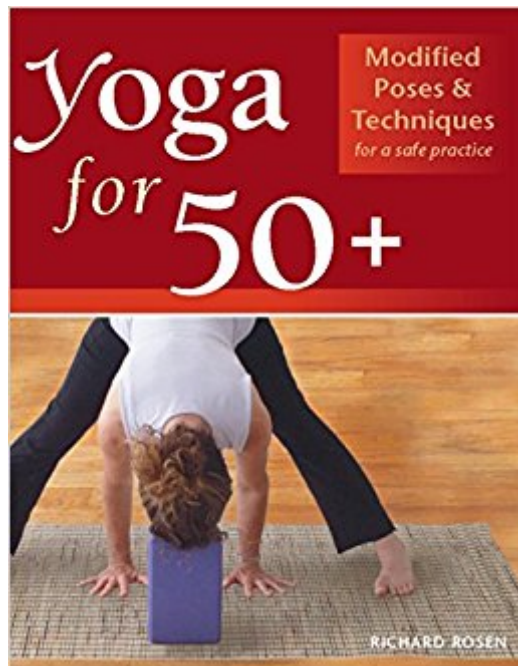




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# Yoga For 50+: Modified Poses And Techniques For A Safe Practice



## 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

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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 YOGA.

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

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