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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

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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. Lewis' 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 Lewis' 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.

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