



Easy Yoga: Any Age, Any Place, Any Time (Paperback)

By Jude Reigner

Eddison Books Ltd, United Kingdom, 2007. Paperback. Condition: New. Language: English . Brand New Book. Easy Yoga presents 21 traditional Hatha yoga postures that are safe, comfortable and achievable for anyone. Practising yoga regularly offers amazing physical benefits: it boosts circulation, supporting the action of the heart; flushes out toxins; speeds up the delivery of nutrients needed for muscle repair; and stills the mind. Yet, what makes this book unique is that, for the first time in a yoga book, you can see what's really going on under the skin - at a glance. The timed Easy Yoga sequences - 45-, 20- and 10 minutes - are perfect for those with busy lifestyles who don't have time to attend a standard 90-minute class. The 45-minute session is structured to include easy, yet highly effective, postures so you can have your own yoga class at home whenever it suits you. And when you are familiar with the 45-minute session, you can begin to use the shorter ones, which use some of the same postures, in different combinations - they are excellent for energizing your mind and body, or letting go of tension, when you are short of time and...



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-- Shayne O'Conner

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Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



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Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.Harvey S. Wiener shows how parents can encourage their children to write with a...



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Phoenix Yard Books. Paperback. Book Condition: new. BRAND NEW, Arthur and the Ice Rink, Johanne Mercier, Daniel Hahn, I'm Arthur, and I'm seven. In the summer, I really like staying with my grandparents by Picket Lake, but in the winter I can...



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Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...