



Yoga for Living: Stay Young

By Peter Falloon-Goodhew

DK Publishing, United States, 2002. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book. An upbeat, modern approach to help bring balance and health to one's life. In today's hectic, fast-paced world, millions of people are beginning to discover the health benefits of the ancient discipline of yoga. To help focus this new awareness, DK presents Yoga For Living, a new series that targets some of today's most common health problems, shows how to reduce stress, and how to live easier and feel better. The Yoga Biomedical Trust is a charitable organization established in 1983 to promote and advance the study and practice of, and research into, the therapeutic effects of yoga as a means of improving the mental, physical, and spiritual health of the community.



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