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By John E Groberg

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. All things, including the grass and trees, Are soft and pliable in life; Dry and brittle in death. Stiffness is thus a companion of death; Flexibility a companion of life. The hard and stiff will be broken; The soft and pliable will prevail. - Lao Tzu How soft and pliable is your body? How about your attitudes and ways of thinking? What if one was actually a reflection of the other? In this book, you now have an unforgettably simple yet powerful way to ensure you prevail in life, whatever comes your way. Spiral Up Yoga will teach you a simple five-minutes-per day self-care practice for body, mind and soul that combines the best of thousands of years of yoga with the author s unique, illusion piercing clarity. Whether you ve been wanting to try yoga but don t want to deal with going to group classes or you already love yoga but don t practice as much as you d like, this book is for you. Even if you ve never thought yoga was for you, this book is for you....

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