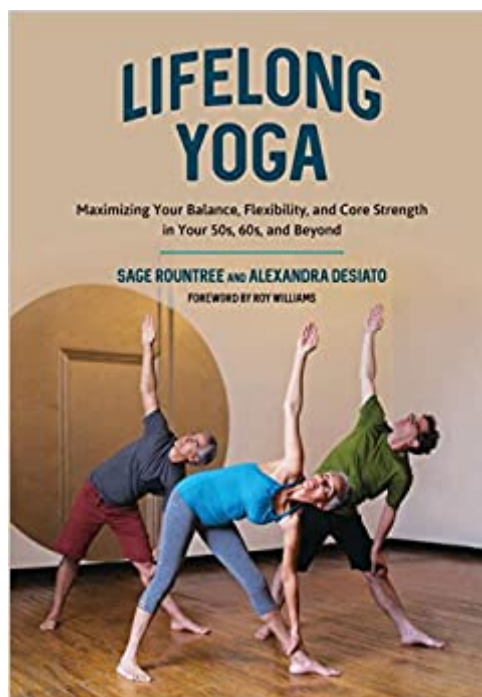




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# Lifelong Yoga: Maximizing Your Balance, Flexibility, And Core Strength In Your 50s, 60s, And Beyond



## Synopsis

Yoga offers vital tools for healthy aging: strength, flexibility, balance, and peace of mind. In this one-of-a-kind book, Sage Rountree and Alexandra DeSiato describe the poses and routines that can help keep people of any age fit and injury free. In addition to demonstrating simple ways to maintain and even increase our ability to be active into our 50s, 60s, and beyond, the authors—both yoga teachers with decades of experience—offer poses and routines aimed toward specific goals, such as improving balance, maintaining strength and flexibility, and recovering properly between workouts. Each fully illustrated sequence is introduced with a brief overview of its benefits, along with modifications and options suited to individual requirements. Rountree and DeSiato also offer sequences that help support specific activities such as running, swimming, or golf, as well as yard work, travel, and caring for grandchildren. An essential and easy-to-follow guide, *Lifelong Yoga* offers key practices for maintaining and improving physical and mental well-being throughout a lifetime.

## Book Information

Paperback: 160 pages

Publisher: North Atlantic Books (August 1, 2017)

Language: English

ISBN-10: 1623171431

ISBN-13: 978-1623171438

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #192,966 in Books (See Top 100 in Books) #29 in *Books > Health, Fitness & Dieting > Sports Health & Safety* #538 in *Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga* #583 in *Books > Health, Fitness & Dieting > Aging*

## Customer Reviews

“In this wise, compassionate, and skillfully written book, Sage Rountree and Alexandra DeSiato draw upon their decades-long experience as athletes and yoginis to offer guidance into how your practice will and should change as you age. With poetic insights from yogic philosophy, *Lifelong Yoga* is much more just than a posture book—it’s a blueprint for healthy aging.” —Carol Krucoff, C-IAYT, E-RYT, yoga therapist at Duke Integrative Medicine and coauthor of *Relax into Yoga for Seniors* —Sage and Alexandra

have made an important contribution to the yoga literature with their splendid Lifelong Yoga. A strong, active asana practice, with mindful awareness of alignment and breath, is a powerful ally for enhancing longevity and maintaining balance, agility, suppleness, strength, and vital health.

•Beryl Bender Birch, author of Power Yoga and Boomer Yoga and director/founder of The Hard & The Soft Yoga Institute and the Give Back Yoga Foundation

“Sage Rountree and Alexandra DeSiato offer a friendly introduction to yoga. You will improve your flexibility and your balance. You will learn breathing and relaxation techniques. Practice Lifelong Yoga and feel better, whether you’re playing golf or playing with the grandkids.

•from the foreword by Roy Williams, University of North Carolina men’s basketball coach

“I’ve been an athlete for forty-two years. Since turning fifty, I feel my limiters are lack of ability to recover, joint stiffness, impaired range of movement, chronic repetitive injury, and fatigue. Yoga is the answer for me now more than ever! Sage’s gentle but specific approach points me in the direction of improving all of these challenges. But most importantly, she has shown me how to relax, something highly competitive athletes have difficulty truly achieving.

•Kristin Villopoto, 2016 USAT Athlete of the Year

“Part Two of Lifelong Yoga, Solving Problems with Yoga, is especially helpful for me as I’m always looking for ways to proactively address the tweaks and twinges that come with intense training by improving balance, core strength, and stability, especially now that age fifty is just around the corner. In doing so I’ve been able to continue to swim, bike, and run at a high level, but also feel good in my daily life activities, especially the ones that require lifting, bending, and balance. Thanks to Sage and Alexandra for another great resource for athletes and nonathletes alike.

•JoAnna Younts, founder of Kids Tri NC and two-time finisher of the Ironman World Championship

“I’ve worked with Sage and Alexandra many years now and seen their work with other folks firsthand. They have a great way of applying their years of combined experience to help people bring out the best in themselves. You will not only be able to work harder, you will work smarter and more safely as well.

•Donnie Barnes, Leadville Trail 100 Mountain Bike Race finisher

SAGE ROUNTREE is a preeminent yoga authority for athletes, a yoga teacher trainer, and an endurance sports coach with certifications from USA Triathlon, USA Cycling, and the Road Runners’ Club of America. She has written numerous books and articles for athletes, including The Athlete’s Guide to Yoga and The Runner’s Guide to Yoga, and is a regular contributor to Yoga Journal and Runner’s World. Her website is [sagerountree.com](http://sagerountree.com). ALEXANDRA DESIATO is a

seasoned teacher of yoga and an expert Pilates instructor who has taught several athletic teams at the University of North Carolina, including the football team, men's basketball team, and women's rowing team. She is a regular contributor to YOGANONYMOUS and Wanderlust. Her website is alexandradesiato.com.

I took my first yoga class over 7 years ago with Alexandra. As I continue to pursue my yoga practice in the various cities I have lived in since, I have always appreciated the foundation I was taught from Alexandra. Now I have it all in front of me in this book. I love the book's ability to reach to all levels, age and stages of life and the body. I see myself referencing this book as my body and mind continue to change over the years. It's a quick yet extensive reminder of how to strengthen and calm the mind and body.

Thank you Sage for another great book! I have been teaching a men's class with ages ranging from fifty-six to eighty-five for over ten years. "Lifelong Yoga" has reinvigorated the class with everyone remarking on how they love what you have brought to us. So far, five men have ordered your book to begin a home practice. What more needs be said! You rock!

This is a wonderful combination of good commonsense yoga info for middle-age and older and a fantastic photo-accompanied explanation of many poses. Really cool how they've categorized suggested poses for different times or events: "at the end of an emotional day," "before a workout," etc. Easy to read and follow!

I've taken Yoga for Healthy Aging classes with Alexandra and loved them. This book allows me to walk myself through some of my favorite sequences at home. My favorite part is the categories for different sequences - yoga before or after a plane ride, yoga after sitting at a desk, yoga for a sore back. I recommend it to all!

I have almost all of Sage's books and this one did not disappoint either!

Excellent book for all levels with short sequences recommended for useful day to day activities. Language and pictures are easy to follow and informative. It seems like a great gift for any aging athlete or anyone who gently wants to improve their quality of life by adding more movement and stretching into their routine. I highly recommend.

Lifelong Yoga is a valuable resource for anyone interested in aging gracefully. It is clearly written and is a great introduction to the practice of yoga. As a yoga teacher and practitioner, I highly recommend it!

I highly recommend this book. It is extremely well-written and has wonderful illustrations that are extremely helpful. This is a must-have for anyone that wants to improve the quality of life with yoga!

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