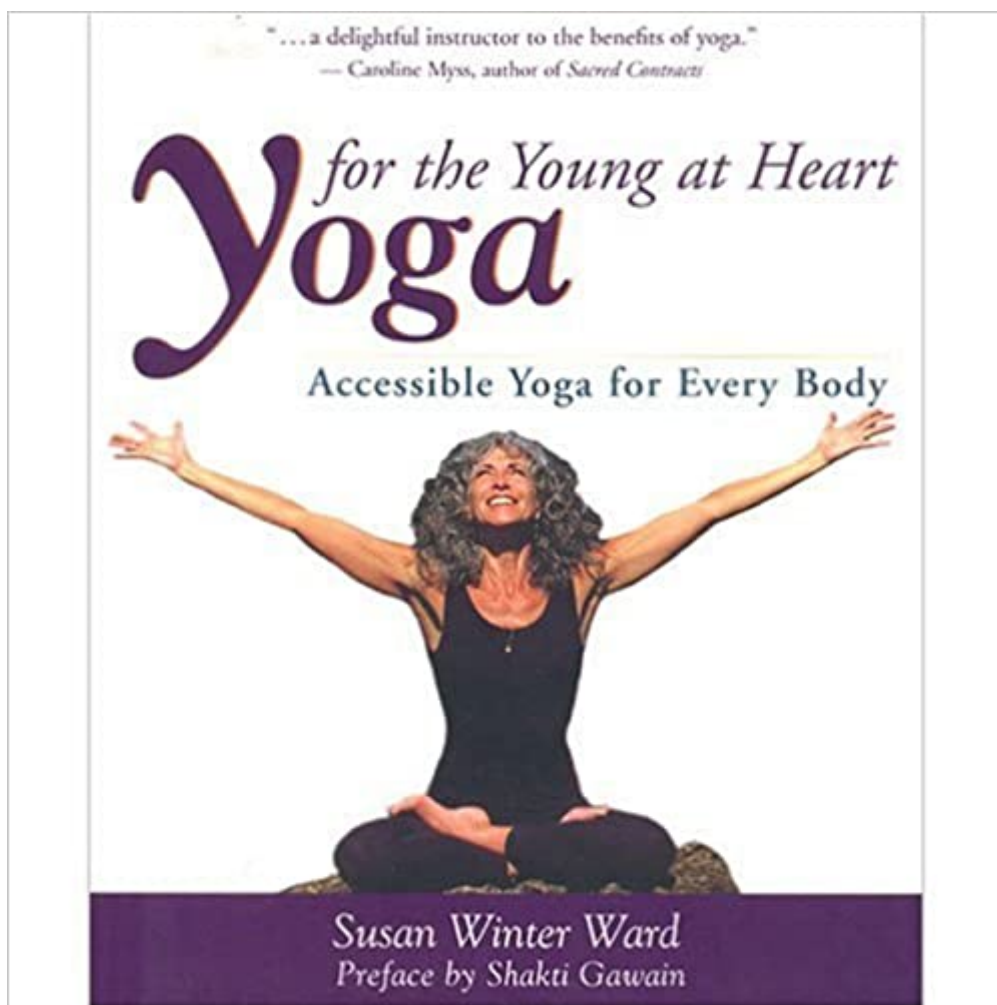


The book was found

Yoga For The Young At Heart: Gentle Stretching Exercises For Seniors



Synopsis

A valuable introduction to yoga for Seniors. This guide book, the first of its kind, is designed specifically for Seniors and offers inspiration and instruction to promote a healthier life. Specific instruction for 32 poses along with their benefits and an inspirational quote for each are accompanied by explanations of breathing and other yoga basics.

Book Information

Paperback: 103 pages

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Product Dimensions: 0.5 x 6.2 x 8 inches

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Best Sellers Rank: #1,295,300 in Books (See Top 100 in Books) #91 in [Books > Health, Fitness & Dieting > Aging > Exercise](#) #2804 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Customer Reviews

A great beginning yoga book. A good introduction to yoga for Seniors. -- Santa Barbara News Press, May 3, 1994

Susan Winter Ward is an internationally recognized instructor, author and video producer. She is the creator of Yoga for the Young at Heart, a multimedia publisher, creating an informative and inspiring collection of videos, DVD's, CD-Roms, audio and CDs, books and television programs as well as teaching worldwide. Susan has developed a gentle and encouraging teaching approach based on the vinyasa-style White Lotus Flow series and strongly influenced by John Friend's heart-centered Anusara Yoga. Susan sees yoga as a doorway to recognizing our inner power, wisdom and beauty and seeks to inspire her students to discover that within themselves.

I just started Yoga class and thought this book would be helpful. Since I am 85, I didn't want any floor positions, however, the book included more floor positions than I am capable of, so that was disappointing. There were only a few "upright" positions so I am trying them.

As expected, positions are very easy and not as helpful as I would have liked.

Over 50 and need to stretch? I took yoga class. Too bad I wasn't younger. I might have kept it up. But the exercises in this book are perfect. They're gentle for my gentle body. They're well described with pictures of the perfected pose.~ ~ Yoga for the Young at Heart: Gentle Stretching Exercises for Seniors

I found the written directions adequate, but the total presentation is only fair. Some of the photographs (all black and white) are worthless, because arms, legs and torso are all the same shade of grey.

lowered my blood pressure to normal levels

Sharing with my cousin who also does yoga.

Originally I purchased this book for my 83-year old Mother. When it arrived I decided to do the exercises so I could better help her. Well, I fell in love with the feeling the yoga exercises in this book gave my body. I have exercised regularly for over 5 years and was active prior to that. Before reading this book, my exercise routine involved limited stretches prior to working out with free weights. Now, the yoga exercises found in this book, added to my daily routine of weight lifting, have brought a sense of balance to my body. Highly recommend this book.

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Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Back Stretching - Back Strengthening And Stretching Exercises For Everyone Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management The American Yoga Association's Easy Does It Yoga : The Safe and Gentle Way to Health and Well-Being Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back pain, golf books, golf) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Diabetes Diet And Microwave Cookbook For Seniors Updated & Revised For 2016 Complete With Weight Loss Guide For Seniors Baby Boomers and Seniors Free Yourself from Harm and Danger (Baby Boomers and Seniors - Free Yourself from Harm and Danger Book 1) MacOS Sierra for Seniors: The perfect computer book for people who want to work with MacOS Sierra (Computer Books for Seniors series) The No-Cry Nap Solution: Guaranteed Gentle Ways to Solve All Your Naptime Problems: Guaranteed, Gentle Ways to Solve All Your Naptime Problems (Family & Relationships) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People)

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