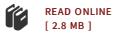




Exercise in ActionYoga: An Instant Visual Guide to Learning Yoga

By Kase, Betsy.

Thunder Bay Press. 1 Paperback(s), 2014. soft. Book Condition: New. The founder and director of New York's Yoga Haven, Betsy Kase here shows how to improve or initiate your own yoga routine, explaining how drawing our attention to simple movements becomes an entry point into awareness and the quieting of the cyclical thoughts that clutter the mind. Kase explains which poses to do for various parts of the body and to increase flexibility, strengthen your core, improve balance, and gain a better sense of mindfulness, all without having to join an expensive studio. Along with clear step-by-step explanations and bullet points on what to do (and what to avoid) for correct performance, this exceptional exercise book shows the action in overlapping before-and-after photos, so you can easily see how to move your body. Here too are anatomical drawings that show which muscles are in play and how they are used and strengthened. 160.



Reviews

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-- Jesse Yundt

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Read Write Inc. Phonics: Grey Set 7 Non-Fiction 2 a Flight to New York

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 213 x 98 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...



Monkeys Learn to Move: Puppet Theater Books Presents Funny Illustrated Bedtime Picture Values Book for Ages

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Wisehouse Classics, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book *****
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Hardcover. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. HardCover. Pub Date: Unknown Pages: 40 Publisher: the Star Press Information Original Price: 32.80 yuan: Germany) of Quinter Bu Huoci forward....



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...