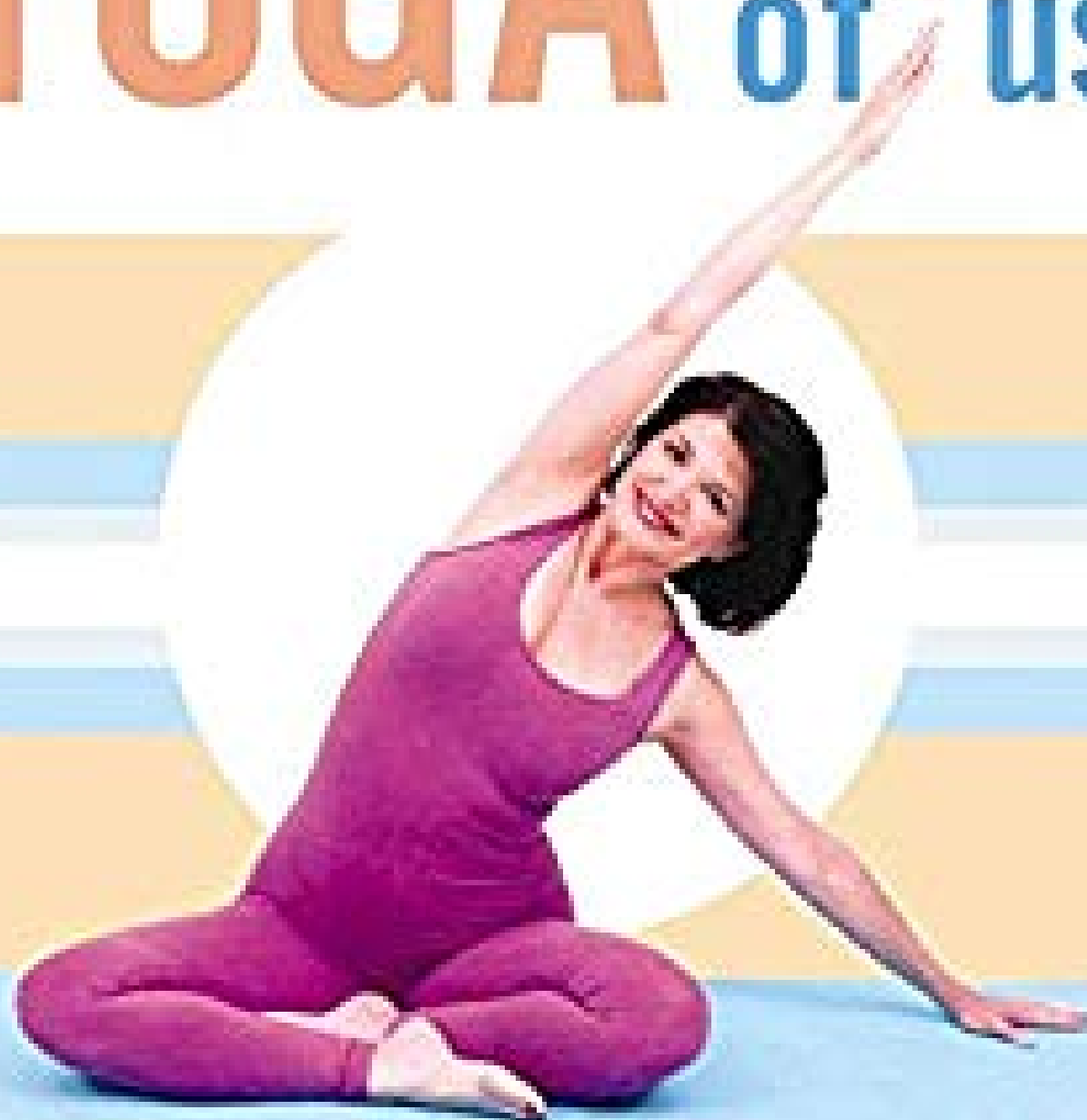


YOGA for all of us



A Modified Series of Traditional Poses for Any Age and Ability

PEGGY CAPPY

Peggy Cappy

Yoga for All of Us: A Modified Series of Traditional Poses for Any Age and Ability



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At last, a yoga system anyone can carry out! An accessible guidebook to gentle yoga exercises stretches, based on the popular video and PBS television plan of the same name. This accessible guideline to gentle yoga exercises stretches and poses can help ease you in to the world of the beneficial exercise. You can benefit from the benefits of yoga – whatever your age, ability, or level of activity, even if you have never been able to participate in traditional yoga exercises classes." - Suza Francina, yoga teacher and author of The New Yoga for People over 50"Peggy Cappy makes it clear you are never 'too old', 'too overweight' or 'too out of form' to accomplish yoga. Thank you, Peggy for posting your love of yoga with most of us! Experienced yoga instructor Peggy Cappy can help you gain energy, versatility, and focus, through modified poses that will help strengthen and stretch your muscles and enable you to get peace of mind.



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Beginning book offering adjustments for some basic yoga poses I am a relatively new yoga instructor--I completed my RYT-200 training curriculum around this time last year, and I have already been teaching weekly classes since January. I teach mainly beginner's level classes. In my classes, I frequently encounter old adults and other people who might need modifications of a few of the traditional yoga postures. I am very focused on making yoga accessible to everyone, therefore I thought that book would be beneficial to me in setting up my classes. This book is intended for yoga students, not really teachers, but nonetheless, after review it, I believed I would think it is beneficial. Author Peggy Cappy is clearly very knowledgeable and experienced, particularly in modifying yoga exercises to be accessible to everyone. Great publication. white) of not only herself executing the postures but also of a variety of her learners, featuring men and women in all shapes and sizes. These photos often included special accommodations, such as using a chair. This may not be the most detailed reserve on the subject -- which may be the only reason I'm giving it 4 stars rather than five. What I found less helpful is that this book is VERY simple. I applaud Cappy for making yoga accessible, yet simultaneously, I felt that she covered hardly any in terms of selection of poses. She shows use of props but doesn't actually explain anything about prop positioning, adjusting for convenience, etc. However, there exists a bit of a downside to using DVD's. Finally, I thought that the business of the publication was odd, and I was disappointed that it didn't include any particular practice sequences. This book does contain some helpful information that might help those not used to yoga get started with a practice. Great Yoga Publication for all. I recently took a workshop with Peggy Cappy and when I arrived home I ordered her book. Getting back to yoga I've recently come back to performing yoga. Peggy provides demonstrated, over and over, that regardless of age, gender, or infirmity, anyone can do yoga and derive extraordinary benefits. I liked yoga exercises when I was a new Mom - 40 years back, but, unfortunately, I stopped carrying it out, got employment sitting all day long as a bookkeeper, and gained a substantial amount of weight. UGH. I recently retired from my job, and decided I needed to do yoga again because I remember how good I sensed when I did so it. Taking pleasure in the meditation guidelines. Similarly, she shows alternate versions for some poses, but there are few suggestions on how best to decide which pose is right for the body. This is an extremely readable and down-to-earth instruction; A Gentle and Effective Yoga exercise Practice This is an absolutely extraordinary treatment of gentle yoga. This book should be on every yoga teachers bookshelf so we are able to all be empowered to talk about yoga with all populations! I've lower back disc herniation, causing sciatica, but I am confident that carrying out yoga will gently stretch my muscle tissues again. I'm also confident that yoga exercises will increase my feeling of balance. I would recommend borrowing this publication from your local library, if possible, which can be what I did, in order to preview it to determine if this will meet your needs. A Practical Approach for Ordinary people I am a relatively new yoga instructor and I have been looking for information about dealing with various levels of capability and physical challenges I encounter in my own classes. If you want to stay in the pose for an extended period of time, you need to grab the Dvd and blu-ray remote and stop the video. It has a nice variety of postures and stretches. I love that it gives modified variations of stretches utilizing a chair. Very helpful reserve for pose substitutions and adjustments for people with all sorts of different requirements. I also liked Cappy's inclusion of quotations in the beginning of each chapter. Ideal for folks over 50. Still, at this stage, I think it is very valuable." I've severe Arthritis in lots of joints and I can't do all of the exercises but the ones I can do, actually help my joint discomfort and there gradual and she clarifies them well. Ultimately, I would rate this book 3 1/2 celebrities. Meeting her and dealing with her personally was inspiring and provides me worked up about sharing yoga exercises with different populations. Guidelines are easy to check out. Had a good low b. The photos and descriptions are helpful in building my classes and demonstrate that yoga exercises really is for all those! Obviously, I cannot do them all, but it gives me something to strive for. In all honesty, however, I found more useful information for free online. I like that she included photos (black & informative, basic, and easy to understand, whether you are a student or a teacher. As a yoga teacher going back to school for physical therapy, I am interested in incorporating yoga into therapy. I'm sure as I improvement as a teacher I will wish to delve deeper in to the subtler elements. I especially appreciate the modifications, the benefits and cautions concerning specific problems, and the chair yoga information. I desire that they had this book in Dvd and blu-ray form. Five Stars I train yoga. There are photographs of the many poses - not photos of picture-perfect versions doing picture-ideal poses, but of actual

people of every age group and description demonstrating complete poses along with modified poses. Yoga with Peggy Cappy Bought this to go with her Dvd movie "Yoga for the Rest of Us. A Must Have for All Yoga exercise Teachers! If you want to try Yoga to improve flexibility this is a good place to start. This book contains MANY of the poses that Peggy and her group are demonstrating on her behalf movies, including modified poses finished with a chair. I'm a 68 yr old grandma. She is among the great instructors of our time, and her heartfelt respect for her students is extraordinary. I highly recommend her DVDs and CDs, aswell. Four Stars The ideal book for anyone who has had back medical procedures and has RA. Three Stars Useful for beginners and guidelines for teachers letting my body get in better shape softly without hurting Working for me so far, letting my body enter better shape gently with out hurting myself Easy to follow Easy to follow, most poses and stretches are clear. I rented (and purchased) a couple of Peggy's DVD's, and I'm very happy with them. This book offers variations and modifications to poses that produce them accessible to folks of all age range with all capabilities.p. reading, so its helpful.



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