

THE NEW **YOGA FOR** **PEOPLE** **OVER** **50**

A Comprehensive
Guide for Midlife &
Older Beginners



S U Z A

F R A N C I N A

Suza Francina

The New Yoga for People Over 50: A Comprehensive Guide for Midlife & Older Beginners



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A complete health program, yoga not merely restores vitality to the body, but also expands the mind and soul. Nationwide, folks are recognizing yoga because of its ability to decelerate and reverse the aging process. Many seniors are trying to find ways to improve their standard of living and remain active because they enter midlife and old age. Yoga transforms the years after 50 from a period of deterioration to one of elevated perspective and illumination. In this comprehensive instruction, Iyengar yoga professional Suza Francina describes and illustrates how to get started and keep maintaining a yoga plan through personal stories and over 100 easy-to-adhere to instructional photos of older teachers and students. In *The New Yoga for folks Over 50*, visitors will learn how the health of the spine and posture affect every sustem of your body, and how yoga exercise positions and breathing exercises benefit the circulatory program, the heart and other vital organs, reduce menopausal symptoms, and remove stiffness and inertia from your body.



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An okay publication for those over 50 who are taking yoga from an instructor and who desire to read more on the topic. how it is beneficial for those people who are middle age group and beyond. I just purchased this 286 page (THE BRAND NEW Yoga for folks over 50 by Suza Francina) at a bargain price (along with several other yoga exercises books) on Amazon. The thirteen chapters in this volume cover an enormous amount of material. Following a long launch explaining how the writer began teaching yoga exercise and what you will discover in this book, chapter one protected our changing look at of aging. white that is fine with me, however, many people may prefer colored pictures. The usage of props in yoga exercise are discussed in chapter three. Ripped back cover Since I'd like the book today, I'll use tape rather than returning but the publication did arrive with the trunk cover ripped (about 2" or so). Yoga for ft and knees over 50 is explained in chapter five. YES, i could learn to do mind and handstands now, even if i've always been afraid to accomplish them! Chapter seven shows weight-bearing yoga postures help prevent Osteoporosis. Yoga techniques for arthritis are protected in chapter eight. Starting the heart and yoga exercise is covered in chapter nine. The remaining chapters' deals with restful inversions, Savasana, pose of deep rest and tips of teaching and practicing yoga exercise at home. My primary complaint is usually that the dark and white photographs aren't great and the explanations aren't as clear as I've browse in other yoga books regarding the postures. There is also a significant amount of about a few of the encounters of the elderly doing yoga. There are amazing stories of individuals within their seventies and eighties who tend to be more flexible than me! Way too many advanced photos. Joseph J. Truncale (Author: Haiku Occasions: How exactly to read, write and revel in haiku) Renewed my passion for yoga! I am 54 yrs . old, have practiced yoga exercises off and on for a few years. for all those for whom it really is easy. However, I did like this book enough to provide it 4 stars due to the last chapter dealing with senior complications when teaching them yoga. I hope to end up being that eighty yr old who can sit down in lotus, can't do it but how understands. There are many modifications for poses to help you work on your flexibility. Skeptical initially but happy now. I am 70 yrs . old so probably on the outer advantage of what's written for folks over 50. Several reviews I read nearly turned me away from buying this book. Five Stars MY DAD enjoys this very much Especially good may be the chapter on the essential poses that will reverse (aging) non-motion tendencies. Naturally, not being truly a lifelong practitioner of yoga exercise, I discover some poses difficult to achieve but I enjoyed the descriptive use of props that are very ideal for me. I still can't do a headstand and most likely never will but I have an inversion table that takes care of that need. The web pages were bound out of order The business who put the book together bound the pages from 90 through 126 upside down and backwards. I right now feel completely confident that I've chosen the very best path, thanks to the information I've learned in this comprehensive function. At 66 I started a vigorous yoga plan along with a much more youthful group and although I came across it rejuvenating I wondered at the wisdom of beginning this within my age. love love appreciate this! i've got a great deal of yoga exercises books by and for young people. i used to also teach Viniyoga. this book is filled with historic people--photos and tales-- doing yoga, teaching yoga exercise, and reporting the improvements which have come from their practice. Many useful points in the reserve. All those youthful books made by/taught by young and naturally flexible people business lead us to think yoga is for the young. I purchased this reserve because I wanted to make sure I could truly enjoy my golden years, this reserve has renewed my enthusiasm for yoga, so much so I plan on learning yoga and show at senior centers. HOWEVER THE GREAT THINGS ABOUT YOGA HAVE THE BIGGEST EFFECT ON THOSE OVER 60!!! I'm 64 and at first didn't need it it since it is filled with photos of old people. i feel similar to 30 than 60. The pictures in this book are in dark & the author wrote her first yoga book for aged 20 some years before this publication was written, and she reports that whenever young people attend her classes and discover all the 70 & 80 year olds sitting on their heads, they quickly get the message that they can do far more than they think. Chapter six deals with women's menopause and performing yoga. Amazing the difference yoga exercise is producing in my life Amazing the difference yoga is making in my life. Four Stars It's a book as well as perhaps better for folks over 65+ Extensive and valuable information Easy go through, informative and interesting to even younger folks contemplating engaging in yoga. In case you are over 50, 60, 70, 80 or beyond, here is your avenue for restoring and maintaining good body and soul functioning! I a very happy with this book. I am happy with this reserve. It came as it was obviously described, in very very good condition. This content of the book targets yoga & I have been into conditioning and the martial arts for a lot more than sixty years and Not

long ago i decided to put more yoga exercises to my regular every day exercise routine. No help at all in carrying out yoga. I liked that it shows modifications that some of us will have to use to start out with a few of these poses. I know I'll never be able to do a number of the advanced poses, but it is great to observe how they are completed. yet the photos of old people carrying out lotus in headstand, and handstands in a series, made me think this IS for me personally. Chapter two explained in detail how yoga slows down and reverses growing older. It came very quickly and the seller also included a free of charge yoga DVD-- an excellent surprise! Years of back pain that I thought would result in surgery, have become a distant memory space. I don't possess the flexibility of individuals featured in this reserve, yet. This is a very inspiring work.o. Begin to learn headstand even in 80 y. Inspiring, easy to follow and good illustrations Three Stars The book is Interesting and simple props. Crucial yoga exercises postures for reversing the aging process is protected in chapter four. The container itself and other items in the package were fine. Overall a well written book and a good addition to your yoga library.Rating: 4 Stars. Which is what I wanted. There's only a couple of exercises for older people who ... There's a couple of exercises for the elderly who have never tried Yoga. I was longing for some chair exercises for people over 70 Very useful. Enjoy and encounter it for yourself. Five Stars like the book, very useful. I am happy I made the buy.



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