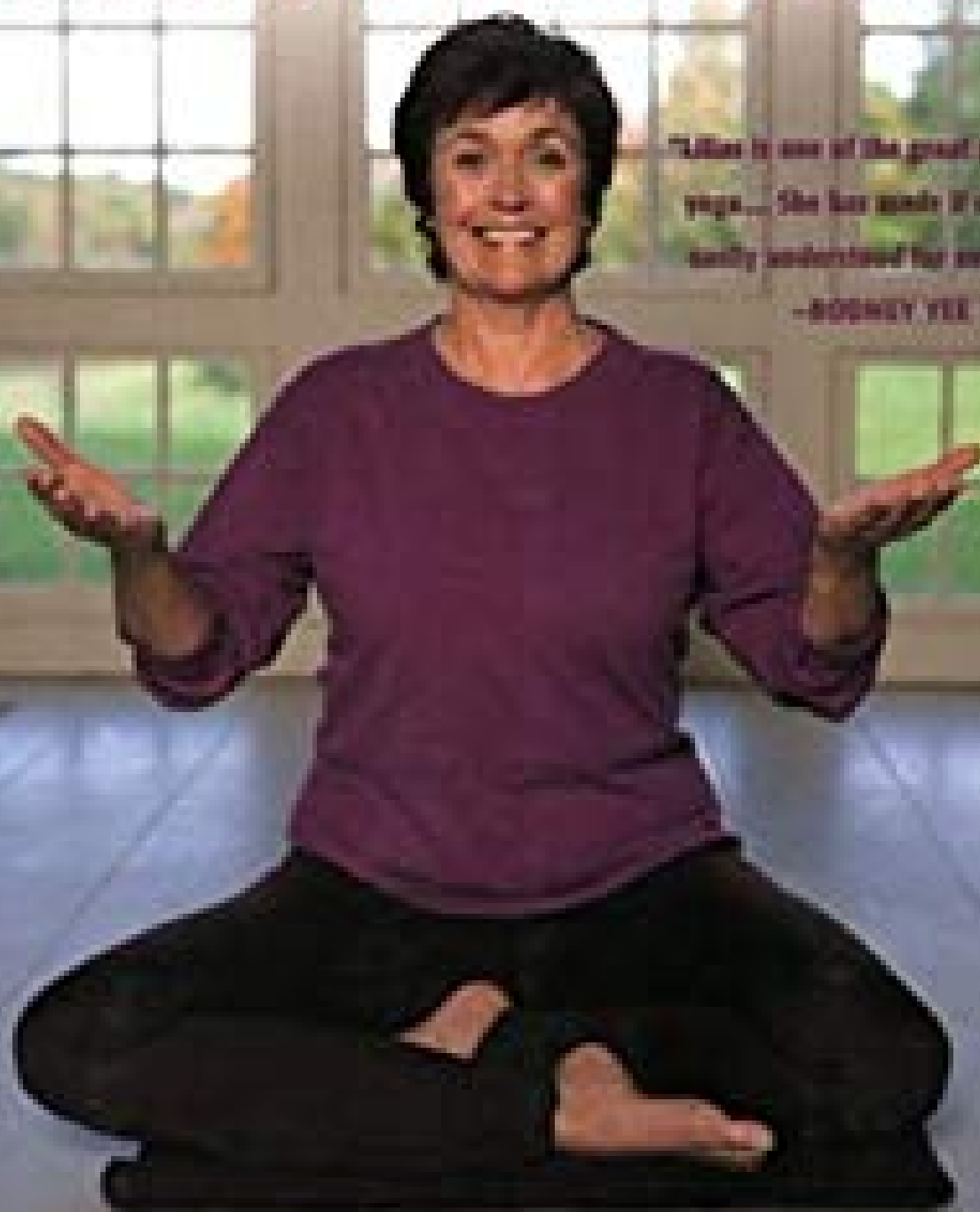


Lillas! YOGA GETS BETTER WITH AGE



"Lillas is one of the great promoters of yoga... She has made it useful and easily understood for everyone."

-BOONEY YEE

LILLAS FOLAN

Lilias Folan

Lilias! Yoga Gets Better with Age



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Nothing softens growing older like yoga! Some exceptional features include:

- o A lot more than 200 photos of Liliias demonstrating the yoga postures using her innovative techniques
- o Liliias, in her trademark soothing and upbeat style, guiding visitors along a spiritual path that leads to improved vitality and a higher Self
- o Engaging tales of her life's trip from this internationally renowned yoga exercise master and grandmother

Whatever you are considering at the moment of life--wisdom, serenity, indicating, energy, bliss, or simply to feel better--Liliias will show what sort of mindful practice of yogic principles can help you think it is. As Americans in their 40s, 50s, and beyond search for methods to increase flexibility, diminish aches and pains, enhance well-being, and slow growing older, the word has gone out: yoga does all of this and more. That is why Liliias Folan--the most much loved and admired American yoga exercises teacher ever--has made "yin" yoga, a specific, safe, and creative way to stretch out and strengthen within each yoga exercises posture. But traditional yoga poses and stretches can be a issue for stiffer, less pliable bodies. The technique, which can't be found in other yoga works, is at the heart of the book. Now, the First Woman of Yoga displays how exactly to add more flexibility, energy, and joy to your life--with her fresh method of "yin" stretching for the maturing body.



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she has given it her all, and it displays! She is an extraordinary woman: wise, yes, but also emanating the type of humor that is indicative of a really intelligent and observing mind. It bubbles out of her. This process to yoga fits my 64 year previous body Excellent book Liliias is in a fresh place with this one. Writing any publication is a difficult challenge;Liliias, The Journey I've known Liliias because the sixties and watched with awe as her single-minded focus on Yoga has not only blossomed but become part and parcel of who she actually is. Liliias' ALL can be more than most of us have to give! It was exactly what I wanted.Love this book since it is very realistic about the Yoga exercise posttiions as we age, along with great insights in to the dynamics of aging and how to combat some conscious remembering Such a great book for beginner to advanced yoga students Such a great book for beginner to advanced yoga college students. She delves into a few of the even more "obscure" idealogies of yoga exercises (koshas, etc) without alienating those that are simply searching for a good stretch. Therefore many great ideas. Anyone can do yoga Great I also have the dvd Could not end up being any better, very insightful This book was recommended by my Yoga instructor and it turned out to be great. I found the ... After beginning a yoga class this book was suggested. I found the product quality after heading through it several occasions. This newest publication is utterly lucid, engaging, and general, a genuine feat of focus and will! Mature work, very useful, much more comprehensive than just the physical aspects of yoga.Liked it a lot. Tailored to those folks in the third act of life Too many years back I enjoyed her program about a PBS channel in Ohio. She is still fabulous and what I like about this publication is that she's transitioned all to those folks who've "aged" with her.. I met her in Colorado a few years ago and HAD to buy this publication as I show many senior yoga exercise classes and provide private yoga sessions in my own home for seniors just. Sometimes I gave UP on a position, but she has shown ways to move into the movements gracefully and with more confidence. I have built more flexibility & strength.. I met her in Colorado . Liliias is a treasure. Old woman feels young! I was very happy to have it to greatly help me with gentle yoga exercises postures. Thank you, Liliias! This book will become a Vintage and it will encourage me to share gentle yoga techniques and practices with my senior yoga learners in the Chapel Hill, NC area. Jan Doolin, Registered Yoga Teacher, "Yoga for Boomers and Seniors" Functions for what I need at my age. It had been exactly what I wanted. Liliias is a treasure.



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