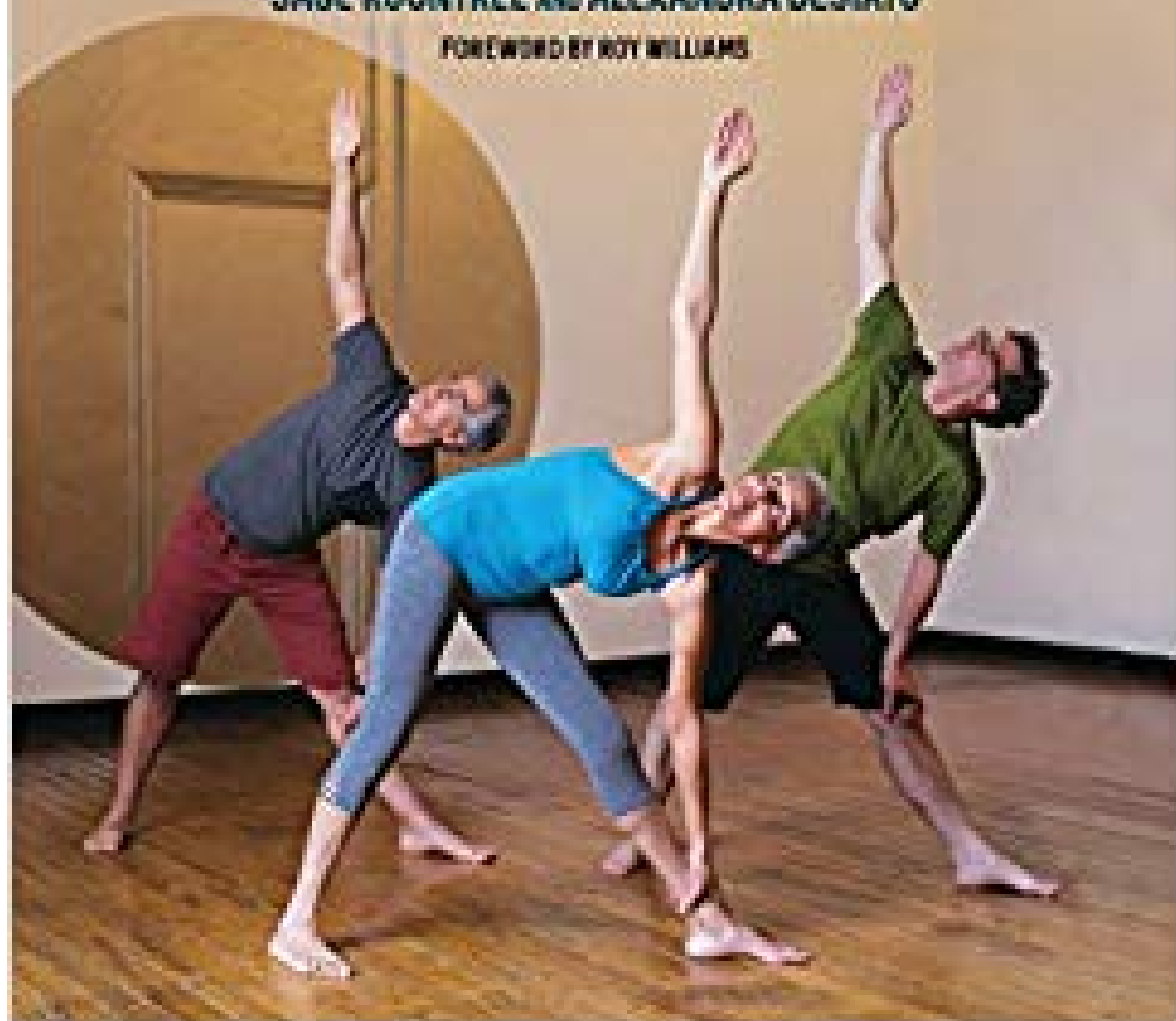


LIFELONG YOGA

Maximizing Your Balance, Flexibility, and Core Strength
in Your 50s, 60s, and Beyond

SAGE ROUNTREE AND ALEXANDRA DESIATO

FOREWORD BY ROY WILLIAMS



Sage Rountree

Lifelong Yoga: Maximizing Your Balance, Flexibility, and Core Strength in Your 50s, 60s, and Beyond



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both yoga teachers with decades of experience— In this one-of-a-kind book, Sage Rountree and Alexandra DeSiato describe the poses and routines that will help keep folks of any age match and injury free.offer poses and routines aimed toward specific goals, such as improving balance, maintaining power and versatility, and recovering properly among workouts.Yoga offers vital equipment for healthy aging: power, flexibility, balance, and peace of mind. Furthermore to demonstrating simple ways to maintain and also increase our capability to be active into our 50s, 60s, and beyond, the authors— Each completely illustrated sequence is presented with a brief overview of its benefits, alongside modifications and options suitable for individual requirements. Rountree and DeSiato also give sequences that help support specific activities such as for example running, swimming, or golfing, along with yard function, travel, and looking after grandchildren. An essential and easy-to-follow guide, Lifelong Yoga exercise offers key procedures for maintaining and improving physical and mental well-being within a lifetime.



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.e. What I didn't expect was how awesome a birthday gift it creates for so a lot of my friends! Five Stars excellent!! particularly love the section where Sage and Alexandra offer ideas for different scenarios in our lives;. I've been Alexandra's student for almost a decade, therefore i knew this book will be a trusted reference right away!, facing a stressful time, ending an extended day, etc..Because of both authors for his or her own collaboration (wish it's lifelong! You rock! A sensible lead for yoga to boost strength and flexibility within your body without intimidating poses or esoteric systems. I took my initial yoga class over 7 years ago with Alexandra. As I continue steadily to pursue my yoga exercise practice in the various cities I have lived in since, I've always appreciated the building blocks I was trained from Alexandra..therefore i bought it on Primary. I observe myself referencing this book as my body and mind continue to change over the years. I highly recommend.. Thank you Sage for another great book! I have been teaching a men's course with ages ranging from fifty-six to eighty-five for over a decade. "Lifelong Yoga exercise" has reinvigorated the course with everyone remarking on how they love what you have taken to us. A sensible guide for yoga to improve strength and versatility . What more requirements be stated!) and for posting their collective wisdom with most of us! This is a wonderful combination of good commonsense yoga info for middle-age and .Great Gift for Yourself and the ones You Love!.. Really cool how they've categorized recommended poses for differing times or events: "at the end of an emotional day," "before a good work out," etc. Readable and follow! So far, five men have ordered your publication to begin with a home practice. This is a wonderful combination of good commonsense yoga info for middle-age and older and a fantastic photo-accompanied explanation of many poses.. Will need to have! Language and images are an easy task to follow and helpful. A+! .. Another Winner From Sage! most of Sage's books and this one didn't disappoint either! I have almost all of Sage's books and this one did not disappoint either! Informative, accessible and an easy task to follow Excellent book for every levels with brief sequences recommended for useful day to day activities. The perspective on maintaining health and fitness is refreshing and demonstrates yoga has an equal place in life time fitness as any other fitness activity. It seems like a great present for any aging athlete or anyone who carefully wants to improve their standard of living by adding more movement and stretching into their routine. It's a quick yet considerable reminder of how to strengthen and relaxed your brain and body. Valuable read Lifelong Yoga is normally a very important resource for anyone interested in aging gracefully. It is clearly created and is a great intro to the practice of yoga exercise. As a yoga instructor and practitioner, I recommend it! Right down to earth, practical and an easy task to follow. I'm a 56 calendar year old guy and also have read many books on yoga looking for the ideal one for me personally. I came across this book within my library and every aspect of it thoroughly impressed me.. Now I have it all before me in this book..particularly the instructional photos and accompanying text.. i.. I do plenty of driving to discover parents who are 13 hours away, and Lifelong Yoga exercise may be the go-to tool to grab at the end of these drives. I really like the books ability to reach to all or any levels, age and stages of life and your body. I highly recommend this book!! Astonishing insights. I love this book. Not as much as I love bacon, but I must offset those health hazards with yoga and wine Five Stars Absolutely Great! Simply celebrated a 60th with a person who opened it and said, "Oh, this is exactly what I want in my life right now," but also got extremely positive opinions from a friend who is still in her mid-forties and a certified yoga instructor!



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