

YOGA for all of us



A Modified Series of Traditional Poses for Any Age and Ability

PEGGY CAPPY

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



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You can enjoy the great things about yoga – Many thanks, Peggy for posting your love of yoga with most of us! At last, a yoga program anyone can carry out! Experienced yoga exercises instructor Peggy Cappy can help you gain energy, flexibility, and focus, through altered poses that will help strengthen and stretch your muscles and bring you satisfaction. This accessible instruction to gentle yoga stretches and poses can help ease you into the world of the beneficial workout. whatever your age, ability, or degree of activity, even though you haven't been able to take part in traditional yoga exercises classes."Peggy Cappy makes it clear that you will be never 'too outdated', 'too overweight' or 'too away of shape' to do yoga. An accessible guide to gentle yoga exercises stretches, based on the popular video and PBS tv system of the same name." - Suza Francina, yoga teacher and writer of The New Yoga exercises for folks over 50



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Beginning book offering adjustments for a few 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 been teaching weekly classes since January. I have lower back disc herniation, causing sciatica, but I am confident that doing yoga will help to gently stretch my muscle tissues again. In my own classes, I often encounter older adults and others who may need modifications of some of the traditional yoga postures. This book presents variations and adjustments to poses that make them accessible to people of all ages with all capabilities. UGH." I have severe Arthritis in lots of joints and I cannot do all the exercises but the ones I could do, actually help my joint pain and there slow and she explains them well. Got a nice low b. white) of not only herself executing the postures but also of a variety of her college students, featuring women and men in all shapes and sizes. In the end, I would rate this book 3 1/2 stars. I also liked Cappy's inclusion of quotations at the start of every chapter. What I found less helpful is that book is VERY basic. I applaud Cappy for making yoga accessible, yet at the same time, I sensed that she covered hardly any in terms of variety of poses. She displays use of props but doesn't actually clarify anything about prop positioning, adjusting for ease and comfort, etc. Similarly, she shows alternate versions for most poses, but there are few guidelines on how to decide which pose is definitely right for your body. 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 new to yoga get started with a practice. In all honesty, however, I came across more useful information for free online. These photos frequently included special accommodations, such as utilizing a seat. Enjoying the meditation guidelines. I'm a 68 yr old grandma. I enjoyed yoga exercise when I was a fresh Mom - 40 years back, but, sad to say, I stopped carrying it out, got employment sitting all day long as a bookkeeper, and obtained quite a bit of weight. This book is intended for yoga students, not really teachers, but still, after review it, I thought I would find it beneficial. I recently retired from my work, and decided I wanted to do yoga again because I remember how good I felt when I did it. I rented (and then purchased) a few Peggy's DVD's, and I'm very happy with them. Nevertheless, there is a tiny downside to using DVD's. If you want to stay static in the pose for a longer period of time, you need to grab the Dvd and blu-ray remote and stop the video. Obviously, I cannot do them all, but it provides me something to strive for. This reserve contains Most of the poses that Peggy and her team are demonstrating on her videos, including modified poses finished with a chair. I teach mostly beginner's level classes. Very helpful publication for pose substitutions and adjustments for people with all sorts of different needs. I would recommend borrowing this reserve from your own local library, if possible, which is certainly what I did, in order to preview it to find out if this will meet your needs. A Gentle and Effective Yoga exercise Practice This is a truly extraordinary treatment of gentle yoga. That is an extremely readable and down-to-earth guideline; I wish they had this reserve in DVD type. She is among the great instructors of our period, and her heartfelt respect for her students is exceptional. There are photographs of the many poses - not photos of picture-perfect versions doing picture-perfect poses, but of true people of every age and description demonstrating full poses and also modified poses. It isn't really the most detailed publication on the subject -- which is certainly the only reason I'm giving it 4 stars rather than five. I'm sure as I improvement as a teacher I'll want to delve deeper in to the subtler elements. It has a nice variety of postures and stretches. AN ABSOLUTE MUST HAVE for All Yoga exercises Teachers! I recently took a workshop with Peggy Cappy and as soon as I arrived home I ordered her publication. Meeting her and dealing with her in person was inspiring and offers me worked up about sharing yoga with different

populations. As a yoga teacher going back to college for physical therapy, I am interested in incorporating yoga into therapy. I am very focused on making yoga available to everyone, therefore I thought that this book would be beneficial to me in planning my classes. The photos and descriptions are useful in building my classes and demonstrate that yoga exercise really is for all those! I highly recommend her DVDs and CDs, as well. Great Yoga Reserve for all. Great book. Still, at this stage, I find it very valuable. Guidelines are easy to follow. Great for folks over 50. I really like that it offers modified versions of stretches utilizing a chair. Informative, simple, and clear to see, whether you are a student or an instructor. Five Stars I teach yoga. I'm also confident that yoga increases my sense of stability. Yoga with Peggy Cappy Bought this to go with her DVD "Yoga for the Rest of Us." Author Peggy Cappy is actually very knowledgeable and experienced, particularly in modifying yoga exercise to end up being accessible to everyone. If you want to try Yoga to boost flexibility this is an excellent place to start. A Practical Approach for The Rest of Us I am a comparatively new yoga instructor and I have already been looking for information regarding dealing with various degrees of ability and physical challenges I encounter in my classes. Peggy offers demonstrated, over and over, that regardless of age, gender, or infirmity, anyone can do yoga exercise and derive remarkable benefits. I especially appreciate the adjustments, the huge benefits and cautions concerning specific problems, and the chair yoga details. This book ought to be on every yoga teacher's bookshelf so we are able to all be empowered to share yoga with all populations! Four Stars Just the right book for anyone who has had back surgery and has RA. Three Stars Useful for beginners and good ideas for teachers letting my body get in better shape lightly without hurting Working for me so far, letting my body get in better shape gently with no hurting myself Easy to follow Easy to follow, most poses and stretches are obvious. Getting back to yoga I've recently come back to performing yoga. I like that she included photos (dark & p. reading, so it's helpful).



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