



Yoga For Dummies

Larry Payne

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Sharing the benefits of yoga in a way that everyone can enjoy and understand

Practicing yoga has many health benefits, including improving your overall fitness, flexibility, and strength. It has also been known to reduce heart rate and blood pressure. And if you're suffering from chronic lower back pain, yoga is a perfect choice for you. *Yoga For Dummies, 3rd Edition* will show you how to get up to speed on the fundamentals of Yoga, whether you're participating in a class, teaching a class, or practicing it on your own. This new edition features over 20% new and updated content plus 12 companion videos featuring the hottest and most popular poses. Inside, you will find:

- Do-it-yourself yoga programs for you to practice
- The latest techniques for breathing properly
- Photos on key poses that can improve front sides and backsides
- New coverage on yoga against the wall, the use of props in yoga, couples yoga, and more

If you suffer from anxiety, depression, or chronic pain, yoga can be a wonderfully relaxing exercise for you. Whether you decide to persist in a traditional do-it-yourself yoga practice or experiment with the use of props in a new yoga routine, this book can help. Children, pregnant women, mid-lifers, and seniors can all enjoy the benefits of yoga simply explained in this comprehensive, fun guide.

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