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The Women's Health Big Book of Yoga: The Essential Guide to Complete Mind/Body Fitness



By **KATHRYN BUDIG**, Contributing Editor, *Women's Health*

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Prsentation de l'diteurFrom Women's Health contributor and yoga expert Kathryn Budig-the essential, authoritative guide to yoga, for beginners and beyond. Approximately 16 millions Americans now practice yoga on a regular basis. Devotees can't rave enough about this ancient art of meditation, breathing, and physical postures that calms the mind and slims the body. Unlike fitness fads, yoga is worth the hype. The postures stretch and tone lean muscle mass and sculpt a strong and slender physique-burning up to 400 calories in a 90-minute session. But yoga does something even better. It's proven to reduce the biggest cause of weight gain-stress-which 43% of Americans say makes them overeate. This definitive volume features: every essential pose to help readers lose weight and transform their bodies Total Body Yoga: targeted workouts in 15 minutes or less core-strengthening routines for hotter, more satisfying sex a healthy, mindful eating plan centered around calming, cleansing foods Covering everything from basic postures to relaxation techniques to avoiding common injuries, The Women's Health Big Book of Yoga is the only guide readers need to achieve their fittest, healthiest, happiest selves.Prsentation de l'diteurFrom Women's Health contributor and yoga expert Kathryn Budig-the essential, authoritative guide to yoga, for beginners and

beyond. Approximately 16 millions Americans now practice yoga on a regular basis. Devotees can't rave enough about this ancient art of meditation, breathing, and physical postures that calms the mind and slims the body. Unlike fitness fads, yoga is worth the hype. The postures stretch and tone lean muscle mass and sculpt a strong and slender physique-burning up to 400 calories in a 90-minute session. But yoga does something even better. It's proven to reduce the biggest cause of weight gain-stress-which 43% of Americans say makes them overeat. This definitive volume features: every essential pose to help readers lose weight and transform their bodies Total Body Yoga: targeted workouts in 15 minutes or less core-strengthening routines for hotter, more satisfying sex a healthy, mindful eating plan centered around calming, cleansing foods Covering everything from basic postures to relaxation techniques to avoiding common injuries, The Women's Health Big Book of Yoga is the only guide readers need to achieve their fittest, healthiest, happiest selves. Biographie de l'auteur KATHRYN BUDIG is an international yoga teacher and writer. She is the creator of Aim True Yoga and co-founder of Poses for Paws. She has been featured in Yoga Journal, Women's Health, The New York Times, Forbes, and The Wall Street Journal. She teaches regularly online at Yogaglo.com.