



Yoga For Wimps: Poses for The Flexibly Impaired

Miriam Austin

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Crave yoga's benefits--but feel afraid to look "weird?" Think yoga requires you to look like a pretzel? Now there's a friendly, full-color, hand-holding, one-step-at-a-time, few-minutes-a-day way to get started. It meets you right where you are, with three different approaches to fit your needs. Instant Yoga gets you going immediately with 15 practice sessions for any time of the day, even when there's only a few minutes to spare. Run through a sequence and the workout's over! FixIts offer solutions to specific problems, such as a sore neck, back pain, those aching feet, or stress. In the Glossary, the author demonstrates every pose correctly, with instructions for improving technique. The changes you experience will amaze and delight you so much you'll never want to wimp out on your workout! The author lives in Lexington, VA. 128 pages (all in color), 8 1/2 x 11.

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