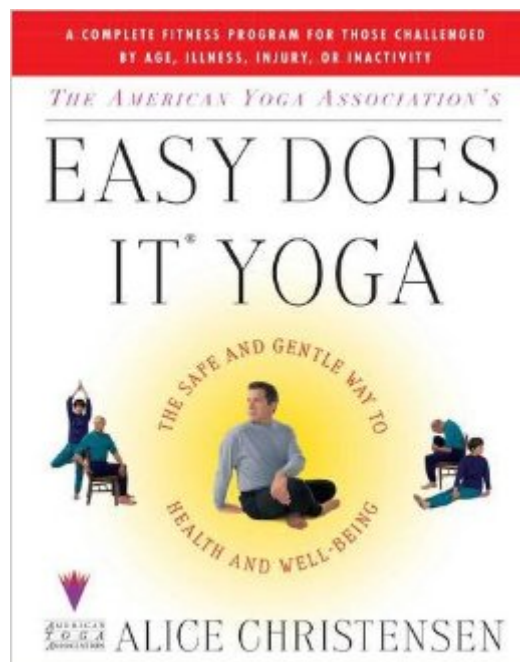


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# The American Yoga Association's Easy Does It Yoga : The Safe And Gentle Way To Health And Well-Being



## Synopsis

Regain your health, vitality, and independence through this age-old approach to fitness! Whether you're an older adult just beginning to exercise, you're physically weak due to an illness or injury, or you haven't worked out in a while, The American Yoga Association's Easy Does It® Yoga is a safe, easy-to-use guide to renewed physical and emotional wellness. For thousands of years people have turned to yoga to enhance their quality of life. Yoga gradually builds physical flexibility and strength, improves concentration, relieves stress, increases energy, and develops the ability to relax at will. Easy Does It® Yoga, a nationally recognized fitness program, adapts traditional yoga techniques to make them safe and easy for people who may face physical limitations. But, although it is a gentler form of yoga, it is just as effective as more strenuous fitness programs for getting and staying in shape. Alice Christensen, founder, of the American Yoga Association, guides you through the program, showing you:

- The basics of yoga exercising, breathing, and meditation with specific, easy-to-follow illustrations throughout
- Specific postures such as the Gentle Full Bend, the Easy Sun Pose, and the Elbow Twist to help you target your weaker spots and increase your overall flexibility
- The unique benefits of Yoga for alleviating chronic health conditions ranging from arthritis to depression
- A six-week program to get you started and to help you develop a basic understanding of essential movements
- Specially designed sequences to boost energy or bring calm, depending on your specific needs
- Strategies to incorporate the yoga lifestyle into your daily routine, not only with exercise, but also with tips on creating a healthy diet and ways to develop a more peaceful, positive mental attitude

Regardless of your age or physical condition, The American Yoga Association's Easy Does It® Yoga will inspire you to awaken your body and mind and experience the well-being and fulfillment that yoga brings.

## Book Information

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## Customer Reviews

As a Yoga teacher I frequently review yoga books for ideas and new information. I am very excited about Easy Does It Yoga! Could it be that finally Yoga has come of age? This book might just persuade the Yoga doubters to view Yoga as an acceptable exercise that truly will benefit the mind, body and spirit in the present and on into aging. The author, Alice Christensen, has written a comprehensive and compassionate book on Yoga and its tremendous health benefits for the older person, and indeed, anyone physically challenged by bad health, addictions and inertia. The various disciplines of yoga are discussed and benefits illustrated by case examples. The exercises are well detailed in words and pictures. Nutrition is covered in a reader friendly style that lists detailed menus of wholesome foods. Easy Does It Yoga should be required reading for any business involved in the health care needs of today's older population.

I am a yoga instructor but am used of teaching moderate/vigourous vinyasa flow. I wanted some further input into designing yoga classes - very gentle yoga classes as I have a mother with a stiff neck and a mother in law with a compression fracture of her spine...both of which require PT. In any case, I found this book very helpful, it provides chair modifications for many postures and brings awareness to simple asanas/stretchers that can be extremely beneficial. It is not a flashy book and the pictures are dated - think old people in 70s sweat suits - but if you can get over that the information is, for the most part, very helpful.

The book is easy to follow and offers different variations of poses for gentle yoga and for those who have limitations due to health issues and who may need to do yoga seated in a chair.

This excellent book provides an easy and gentle way to follow a six week program teaching the basics of Yoga through exercising, breathing, and meditation for those with limited mobility or health restrictions. Each pose is accompanied by illustrations which provide the beginner Yogi with an easy to follow visual image. Variations are provided to allow these benefits to be enjoyed even from the comfort of your chair. This yoga program is designed to provide you with poses, postures, and breathing that allows ease in development of the basic movements of yoga. Easy Does It Yoga is an excellent means for providing techniques to strengthen your weak areas, and Increase your

This book is very informative, as a yoga teacher I feel the symbols showing you at a quick glance where else the exercises can be done Bed, Wheelchair or pool very helpful. The book has clear explanations ,and variations of the exercises. I would recommend this book to anyone.

This is fine for a beginner or, as it says, "for those challenged by age, illness, injury, or inactivity". After a car accident I got this to help with my back pain in 3 areas, and to help me resume yoga as a beginner after a long lapse. Although I understand the importance & benefits of various breathing exercises, I generally do not like them incorporated into the exercises/poses because it takes much longer to learn & remember how & when to inhale and exhale for each exercise. I prefer the ones that use normal involuntary breathing, and to do breathing exercises separately.

This book was a very pleasant surprise. I've been teaching yoga for some time now, but wanted to begin a chair yoga class for people who either don't want to get down on the floor or who can't get down on the floor. I had some ideas of my own, but really wanted another person's perspective so ordered this book. It was all I had hoped for and then some. Ideas and suggestions abound for those who are barely able to do chair yoga to those who are quite able, giving the instructor much to draw on to expand and enrich what is covered in the classes. Highly recommended.

While I have much yet to read and try in this book, I am impressed by the benefits of Yoga that the author tells about. She wrote this when she was younger . . . when a 60-year-old person was considered elderly in her eyes. Now that she is considerably older, her perspective may have changed. But I am hoping that the book - and some physical effort on my part- might improve this 80-year-old body.

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