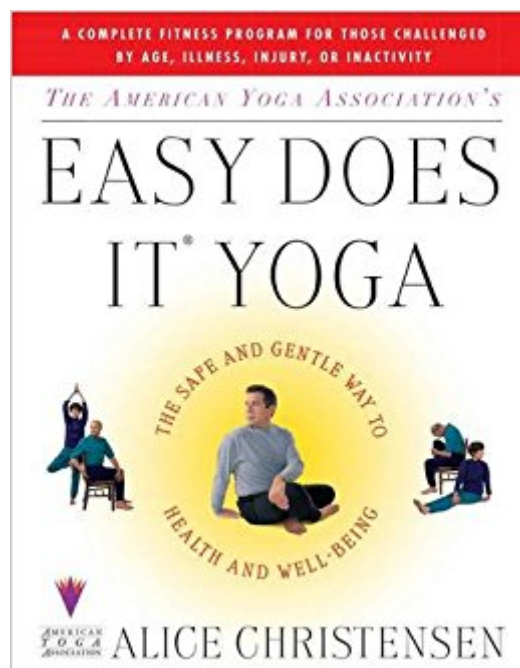




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# **The American Yoga Association's Easy Does It Yoga : The Safe And Gentle Way To Health And Well-Being**



## 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

Christensen, the author of several books about yoga and founder of the American Yoga Association, has written a sensible, encouraging, and clear-cut guidebook for establishing a personal, comprehensive breathing-exercise-meditation yoga program. She targets older adults and persons with chronic medical conditions who may require a gentle or modified approach to exercise. Easy routines for standing, sitting, and lying postures are outlined, and because this is meant as a practice manual, each routine is accompanied by an easy-to-follow photograph and an explanation. The author provides additional variations and cautions as alternatives for those who need them. Informative chapters cover nutrition, breathing, meditation, yoga philosophy, and relaxation techniques, and appendixes list additional sources of information. Recommended for public libraries, academic libraries, and wellness collections. A Deborah Anne Broocker, Learning Resources Ctr., Georgia Perimeter Coll., Dunwoody Copyright 1999 Reed Business Information, Inc.

Alice Christensen established the American Yoga Association in 1968, the first nonprofit organization in the United States dedicated to education in Yoga. She is the author of the acclaimed The American Yoga Association Beginner's Manual, 20-Minute Yoga Workouts, The American Yoga Association's New Yoga Challenge, and Yoga of the Heart, as well as several other books and tapes on Yoga. She developed and has been teaching the Easy Does It<sup>®</sup> program for more than thirty years.

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.

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.

good book easy yo follow

Excellent book. Simple and healthy approach for the I'll, inactive. Elderly etc.

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 mobility and flexibility. Copyright © Katherine's Corner.com-for .com

Good basic information for those just starting to teach senior citizens. There are descriptions of each pose and what the purpose of each pose is for. The book is written in easy to understand language. You will need to find other books if you want more than just basic poses which is why I gave it 4 stars instead of 5.

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.

I have much difficulty with regular Yoga books. This book gives the exercise and accomadations at the end of each exercise. Easy Does It Yoga is inspirational, has nutriition suggestions, and no difficult poses. I'm ready to start and I know that I'll feel better.

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