

This is a fabulous exercise deck....you really want to know and hang out with these girls!  
----The Washington Post I love this charming little book! --The Daily Mail / Book of the Week Its fun...it is like working out with a girlfriend. --Liz Phair ...If you can bear to give it away, it would make the perfect gift. --Pathways Yoga to the Rescue is whimsy and yoga at its finest! This book will get any body onto the mat! --Natalie Maisel - Certified yoga instructor  
Product Description Overwhelmed? Cant Sleep? In pain? Jiggly Butt? Yoga to the Rescue: Remedies for Real Girls is the tonic that every woman needs! Yoga greatly reduces stress, boosts energy, kick-starts the immune system, eliminates toxins, tones every muscle, increases confidence and clarity, and reduces pain (both physical and mental). And the best bit of all? Yoga is simple and unique to every individual. There is no such thing as the perfect pose and any pose can be modified to meet your needs and challenges. It doesnt matter if you are 8 or 80, flexible or stiff as a board, clumsy or graceful, yoga will work its magic on you! This amazing little volume is printed on super-thick recycled cardstock & fastened with a removable book ring, so you can create your own sequences, pinup a favorite pose, perfect for travel! Included: \* 48 classic yoga poses to start your journey to total wellness. \* Divided into 7 useful categories: Sexy, Calm, Energy, Restore, Sanity, Cleanse, PMS. \* Each pose comes complete with fun, detailed illustrations. \* Excellent instructions. \* Benefits--both mental and physical. \* Focus points--key elements that will help you achieve the correct pose. \* An easier version of each pose is provided. \* Yoga sequences included in each category. This clever, user-friendly tool brings so much levity to a typically somber subject, that it might just turn yogaphobics into yoginis and entice the sedentary into Virasana!

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Yoga to the Rescue: Remedies for Real Girls (61 Card Deck) by Amy Luwis (2007-05-03) on . \*FREE\* shipping on qualifying offers. Yoga to the Rescue for Back Pain Starting with a simple standing pose, Desiree leads you through a series of therapeutic yoga exercises that will improve your Yoga to the Rescue: Remedies for Real Girls by Amy Luwis. I love this book for several life-style. Also available: a companion 61 card deck that looks fun. Yoga to the Rescue: Remedies for Real Girls (61 Card Deck) [Amy Luwis] on . \*FREE\* shipping on qualifying offers. This is a fabulous exercise yoga to the rescue remedies for real girls 61 card deck un libro del latn liber libri es una obra impresa manuscrita o pintada en una serie de hojas de papel. Yoga To The Rescue Remedies For Real Girls 61 Card Deck by author. Read and Download Unlimited e-Books, PDF e-Book, Audiobook or 48 Beneficial Yoga Poses (easier version included, too!). Benefits and Focus Points for Each Pose.. 7 Categories: Sexy, Calm, Energy, Restore, Sanity, Cleanse, Remedies for Real Girls by Amy Luwis pdf yoga to the rescue remedies for real girls pdf download yoga to the rescue: remedies for real girls (61 card deck yoga : Yoga to the Rescue: Remedies for Real Girls (61 Card Deck) (9780976959601) by Amy Luwis and a great selection of similar New, Used and After looking at a bunch of yoga books, I settled on this one (and the companion book, Yoga to the Rescue: Remedies for Real Girls) for my girlfriend for a few 9 Results Yoga to the Rescue: Remedies for Real Girls (61

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