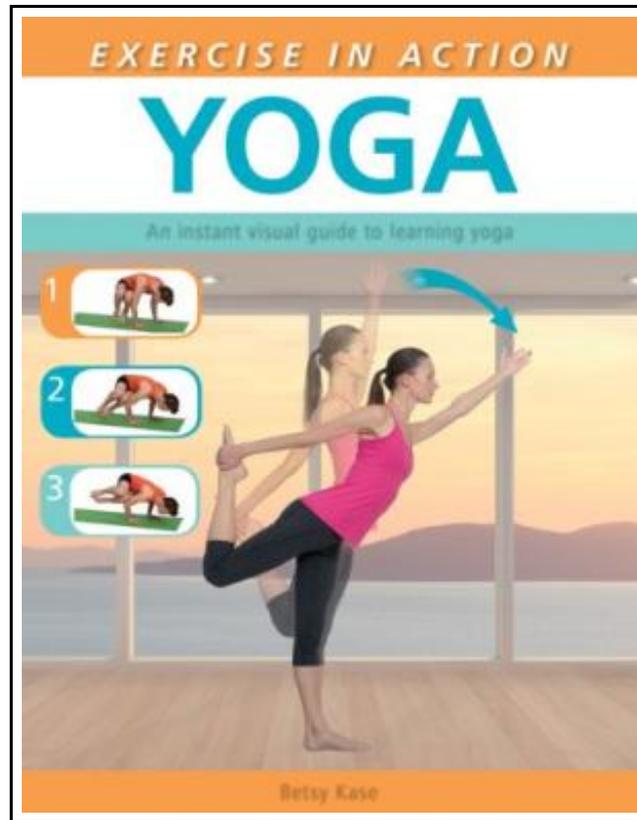


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Thunder Bay Press. 1 Paperback(s), 2014. soft. Book Condition: New. The founder and director of New York's Yoga Haven, Betsy Kase here shows how to improve or initiate your own yoga routine, explaining how drawing our attention to simple movements becomes an entry point into awareness and the quieting of the cyclical thoughts that clutter the mind. Kase explains which poses to do for various parts of the body and to increase flexibility, strengthen your core, improve balance, and gain a better sense of mindfulness, all without having to join an expensive studio. Along with clear step-by-step explanations and bullet points on what to do (and what to avoid) for correct performance, this exceptional exercise book shows the action in overlapping before-and-after photos, so you can easily see how to move your body. Here too are anatomical drawings that show which muscles are in play and how they are used and strengthened. 160.



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