



## 20-Minute Yoga Workouts

*American Yoga Association, Alice Christensen*

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Would you like to have a shapelier, stronger, more flexible body?

More energy? Better concentration? Less stress?

Inner poise and contentment?

Those goals are within the reach of everyone who will take a few minutes a day to practice the simple but powerful exercises in this book. *20-Minute Yoga Workouts* enables everyone, from the busiest executive to the elderly, to enjoy the rewards of a Yoga practice. This easy-to-understand book, clearly illustrated with photographs, will teach you how to do:

-- Powerful Yoga breathing exercises

-- Gentle Yoga warm-ups

-- Classic Yoga asans

-- Deep relaxation and meditation

In addition to the basic 20-minute workout, there are also special workouts:

-- For women during PMS, pregnancy, menstruation, and menopause

-- For people in weight-loss programs and athletes

-- For office and travel

-- For seniors and those convalescing

-- For people with physical ailments such as back and neck problems, high blood pressure and heart disease, chronic fatigue syndrome, asthma, and substance abuse problems

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