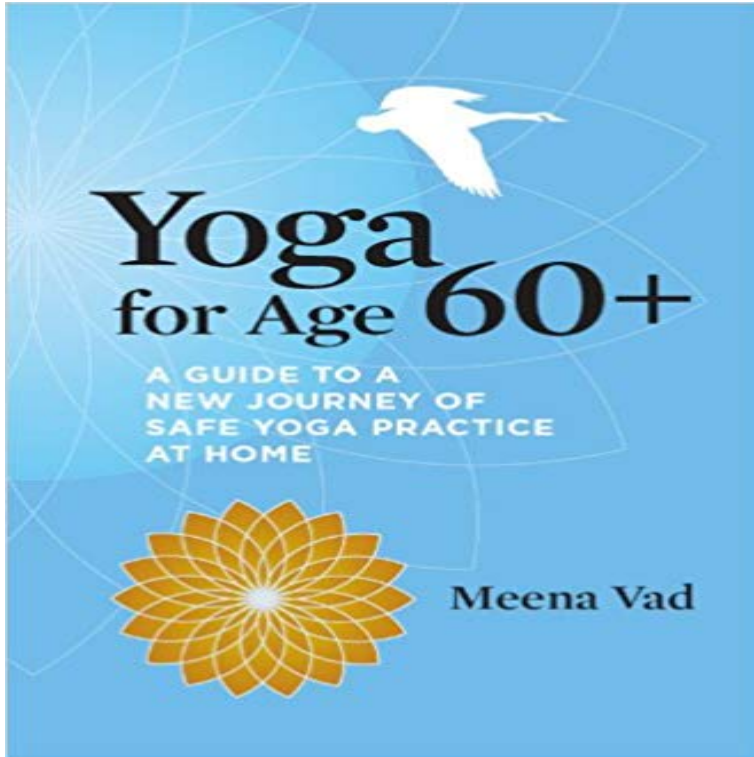


# Yoga for Age 60+: A Guide to a New Journey of Safe Yoga Practice at Home



Whether you're sixty, eighty, ninety, or somewhere in between, Meena Vad's inspirational, informative, and spiritually charged debut handbook, *Yoga for Age 60+: A Guide to a New Journey of Safe Yoga Practice at Home*, is a smart read with a smart goal. With an engaging style and meticulously crafted illustrations, Vad prompts each of us to take control of our bodies and minds, because when it comes to the later years our health is in our hands. Go ahead, strike a pose. After years of studying Sanskrit, Vedic literature, and Ayurveda, Meena Vad compares the human brain to a supercomputer. Each of us has a huge memory with different software and hard drives and it all comes down to experiences and perspective. To her, the practice of yoga isn't confined to postures. Yoga depends on one's individual aptitudes, abilities, and preferences. It's about helping each of us manage the unique treasures of our journey and recharge our bodies and minds. Yoga also celebrates our attitude of wonder, curiosity, and joy towards that which allows us to remain in the flow of life. In twelve succinct chapters like *Yoga of Postures*, *Yoga of Breathing (Pranayama)*, *Yoga of Meditation (Dhyana Yoga)*, *Yoga of Devotion (Bhakti Yoga)*, and *Yoga for Specific Conditions*, the author shows readers how to tap into vitality, inner peace, and harmony. With over half the book dedicated to learning postures with the help of detailed descriptions and illustrations, Vad allows readers to begin at home at their own pace. A third component of this yoga tutorial is a section of poses for specific health conditions. This allows readers to customize practice sequences to fit their individual needs. Whether you're interested in yoga as a curative measure or for increased strength, the journey to better health begins here.

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