

Fatigue? Pain? Brain Fog? Wrinkles? Yoga to the Rescue: Ageless Beauty has solutions for these and many more--making it a great book for yoginis to yoga-phobics. Yoga to the Rescue: Ageless Beauty includes: 48 illustrated yoga poses. Divided into 6 useful categories: Ageless, Joy, Pain, Serenity, Rage-a-holic, SuperGirl. VERY Easy to Follow instructions. Benefits (both mental and physical). Focus points (key elements to help you achieve the correct pose). Beginner version of each pose is included. Bonus superstar health tips, from hot water to seaweed! Diminish wrinkles, lessen varicose veins, improve posture, reduce fatigue, diminish depression, and strengthen the mind and body. Safety tips, modifications to the poses, mini-workouts, and advice on living like a yogini make this an awesome go-to reference book.

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