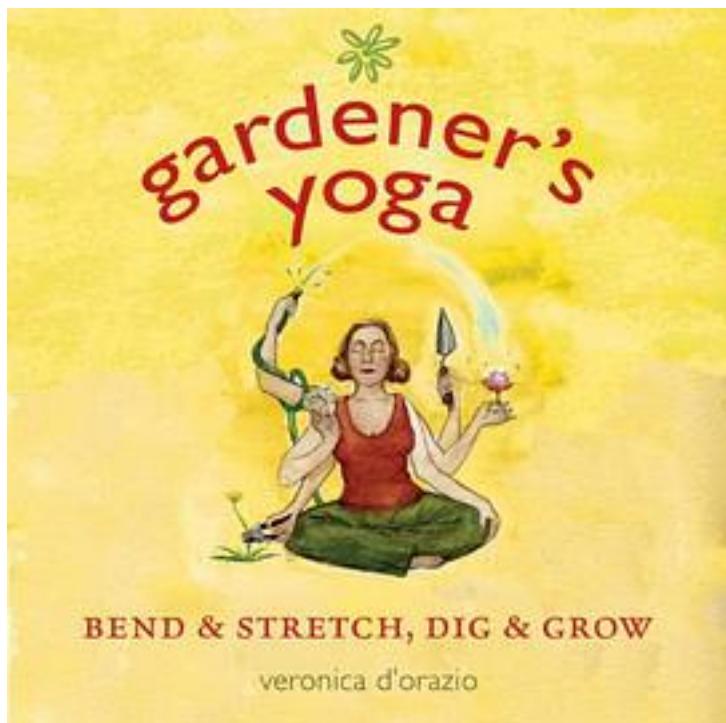


Gardener's Yoga



[Gardener's Yoga 下载链接1](#)

著者:D'Orazio, Veronica

出版者:Transition Vendor

出版时间:2005-11

装帧:Pap

isbn:9781570614668

Gardening is considered a contemplative, gentle pastime, but it makes many demands on the human body. The 21 yoga positions in this colorful guide are intended to energize gardeners so they can enjoy planting, mulching, digging, and harvesting without the aching back and sore knees. The first section, "Breaking Ground," emphasizes warming up the spine and gently engaging the hips, back, and neck. Section two, "Planting Seeds," focuses on standing and balancing poses. The last section, "Harvest," covers relaxation, elongating tired muscles, and refocusing the spirit. Yoga balances the central nervous system, tones and cleanses the internal organs, strengthens the circulatory system, and promotes an overall sense of

well-being and contentment. This guide draws on that ancient discipline to transform taxing activities – from crawling between rows to weed and squatting for hours to plant seedlings to digging out new beds and watering – into rituals of rejuvenation for mind, body, and spirit.

作者介绍:

目录:

[Gardener's Yoga 下载链接1](#)

标签

瑜伽

郑州泰晟瑜伽馆

园艺

yoga

评论

[Gardener's Yoga 下载链接1](#)

书评

[Gardener's Yoga 下载链接1](#)