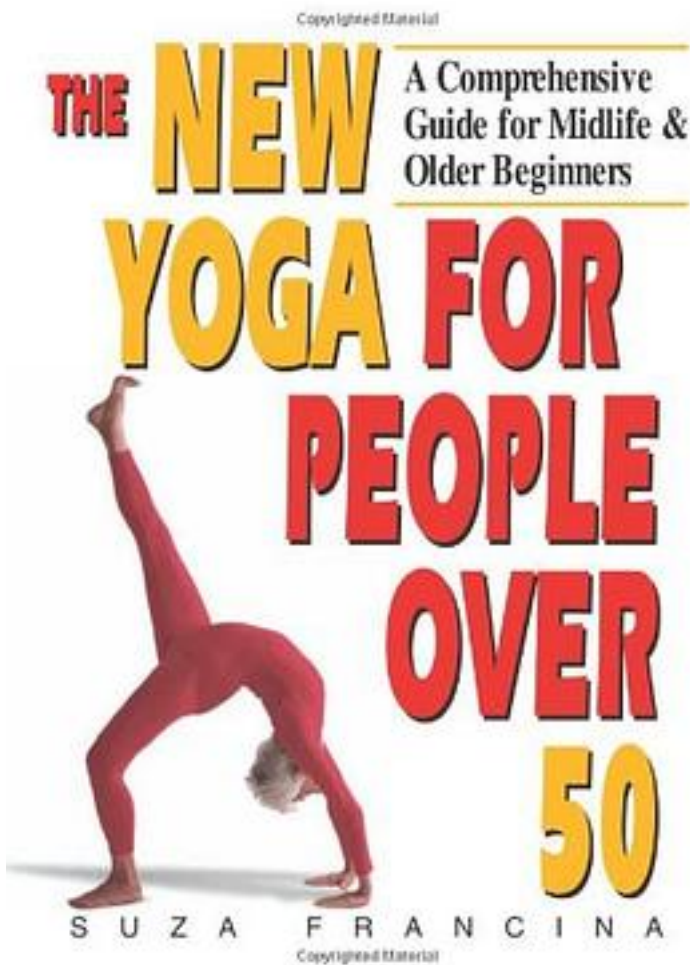


# The New Yoga for People over 50



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Iyengar yoga expert Suza Francina describes and illustrates how older beginners can adapt the practice of yoga to their special needs. Through photos of older teachers

and students, this comprehensive guide demonstrates how to progress from gentle floor and chair stretching exercises to vital weight-bearing, standing and inverted postures.

作者介绍:

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