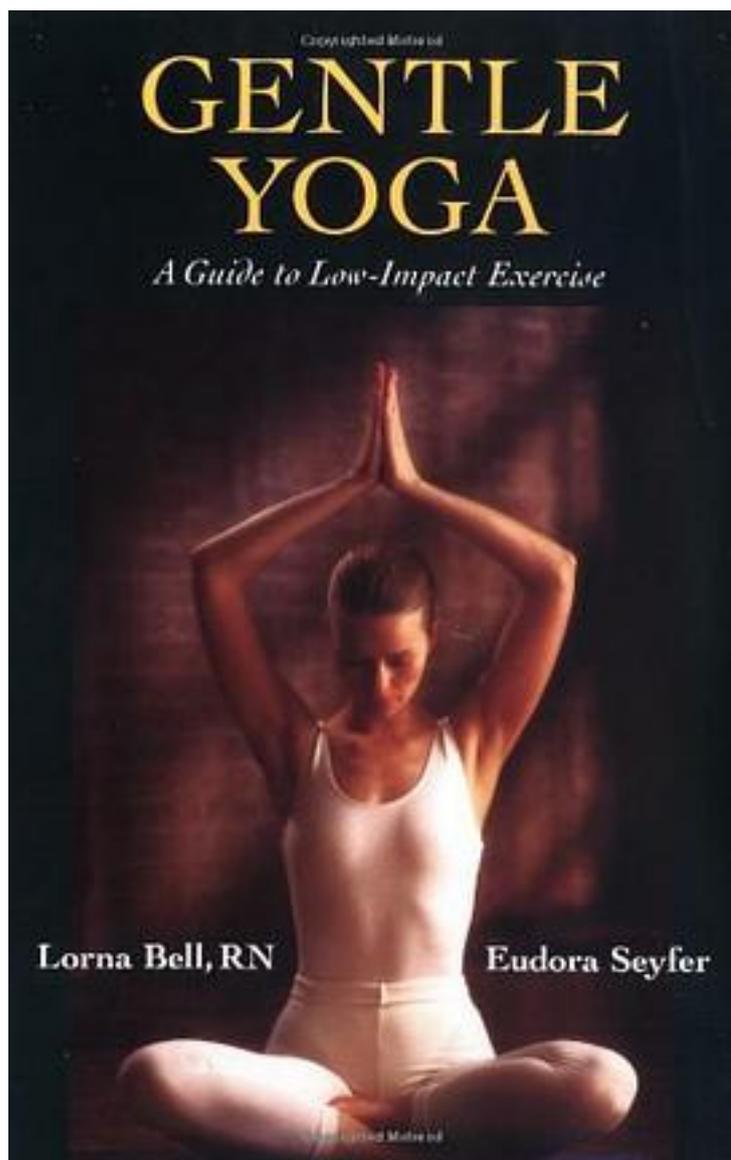


Gentle Yoga



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Developed at the YWCA in Cedar Rapids, Iowa, GENTLE YOGA is a complete and practical guide for beginners and people with special needs, such as those with arthritis, stroke damage, or multiple sclerosis, and for those in wheelchairs. But it is also for those who want gentle, low-impact exercise to improve and maintain health. Clear, how-to instructions for yoga along with 135 illustrations, plus discussions on nutrition, stress management, breathing, and positive thinking.

作者介绍:

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