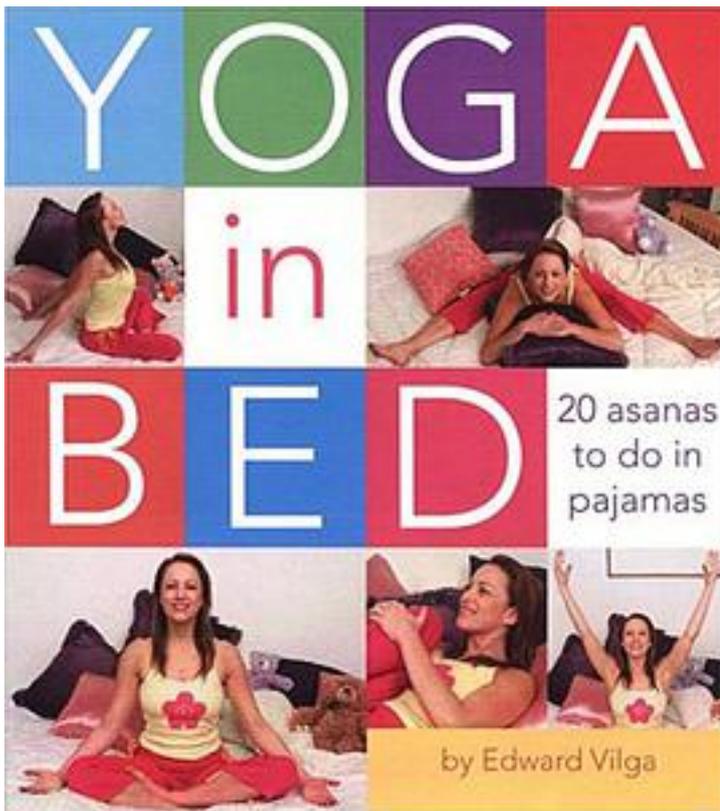


Yoga In Bed



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Yoga has been shown to promote flexibility, deep relaxation, strength, balance, coordination, and a general sense of well being. But for many busy people, joining a yoga class may be an unrealistic goal. Illustrated with lively color photographs, YOGA IN BED—a concept developed by an overworked yoga instructor who had no time to practice on his own—offers gentle stretches and guided meditations that can fit into anyone's schedule. Author and teacher Edward Vilga's goal is to make the practice of

yoga accessible and fun, and he's chosen and named poses, from "Breakfast Bend" to "Winding Down Twist," that are within the range of most healthy individuals, and easy to do in the comfort and privacy of home.

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