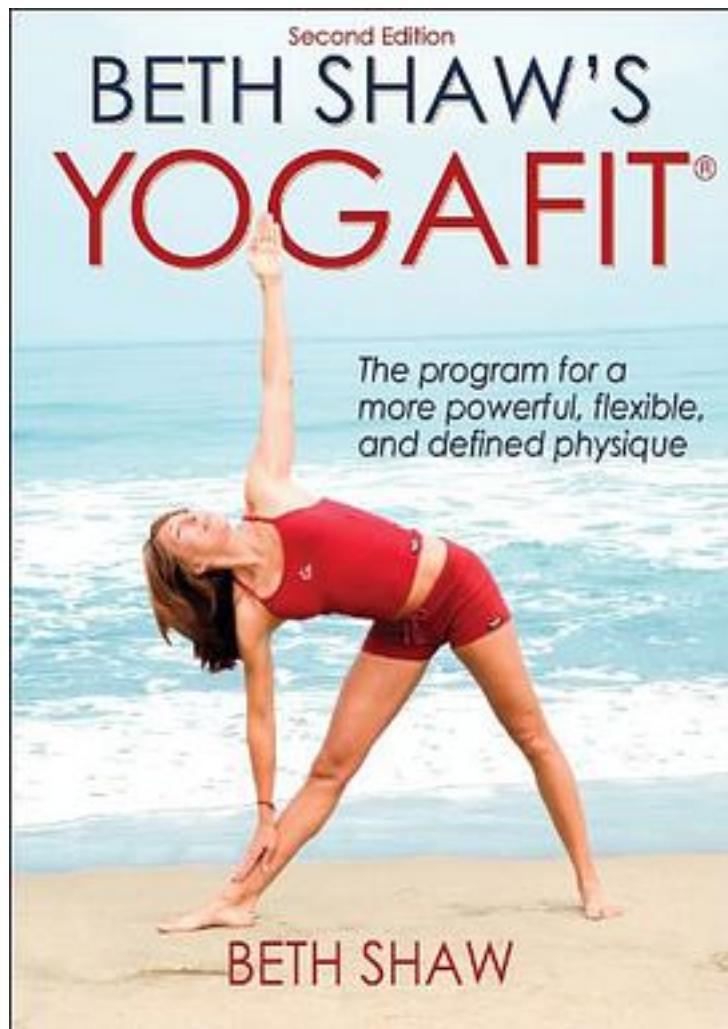


Beth Shaw's Yogafit - 2nd Edition



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Whether you are a fitness buff searching for a new challenge or a yoga enthusiast

looking to supplement your exercise routine, "Beth Shaw's YogaFit" will help you reach your ultimate physical potential! This cutting-edge fitness program combines tough aerobic exercise with strength- and flexibility-building yoga to create a total-body workout. With "YogaFit", you'll experience not only increased overall health, energy, and vitality but also a stronger and leaner body, reduced stress and tension, better posture, improved concentration, and a higher level of fitness. Written by Beth Shaw, an internationally renowned exercise expert who has trained more than 75,000 fitness instructors on six continents, this book presents more than 85 YogaFit poses organized into workout routines that you can use every day. The text includes information on using YogaFit as a training tool for sports and creating personalized routines to meet your own needs. Join the millions of people who have already tried YogaFit and proved that it works. You'll get results in a few weeks-and benefits that last a lifetime.

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