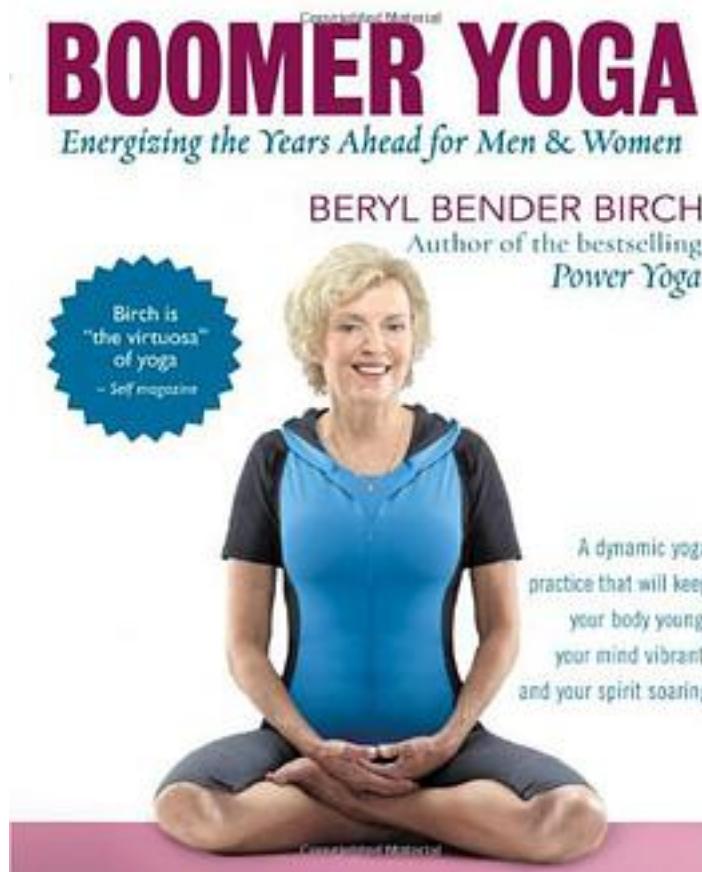


Boomer Yoga



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著者:Birch, Beryl Bender

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Clearly and precisely, Boomer Yoga shows both experienced and novice yoga practitioners how to adapt yoga techniques to their age, lifestyle, and physical health. Weaving together personal experience, practical techniques, and philosophy, the illustrious Beryl Bender Birch shows how to "take charge of change" and create a yoga

plan that works for a maturing population. She discusses the benefits of creating a "yoga practice" that involves a total way of being and reveals how to maintain a healthy yoga routine. Boomer Yoga provides "yoga therapy" for mind, body, and spirit.

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