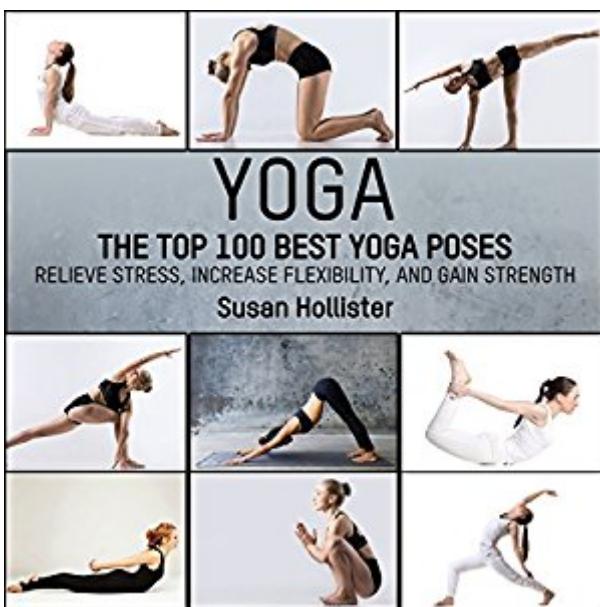


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# **Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, And Gain Strength**



## Synopsis

Do you feel sluggish, mentally exhausted, or disconnected from life? Whether you want to, (1) increase your strength and flexibility, (2) relieve pain and prevent injury, or, (3) reduce stress and become happier, then keep listening to discover how to easily do this with the best yoga positions of all time! Enjoy the many benefits of all the major yoga poses. Yoga is well known for increasing flexibility, but it goes far beyond giving your muscles a good stretch. This form of exercise can be as intense as you want to make it! At the same time, it is extremely easy to begin, and it fits smoothly into any lifestyle. If you only have 10 minutes to spare, that's all it will take to reap many benefits from yoga. Explore all the glorious good stored up in your body! Do you want to boost your mood, beat depression, relieve anxiety, improve your concentration, sharpen your memory, or increase your self-esteem? There's a yoga pose for that! Several, in fact. Does an injury prevent you from enjoying certain activities? No worries. With yoga, most of these poses are easily modifiable to accommodate physical limitations. A yoga routine can bring out all the wonderful healing energy you have inside you. Yoga can develop strong and durable bones, muscles, joints, and ligaments. You'll no longer worry about your body deteriorating as you age. Through yoga, you can protect your heart, strengthen your posture, maintain a healthy weight, boost your circulation, ease chronic pain, strengthen your immune system, delay signs of aging, improve coordination and balance, boost your energy, and much more! Yoga can even improve your sex life! Unleash yoga's rejuvenating power into your life: Get this audiobook now!

## Book Information

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## Customer Reviews

I've always been cautious of yoga; it seemed complicated and almost post-modern to me but not anymore. This book really simplified the complexities into such manageable pieces that even I felt like immediately taking up yoga. The book starts out clearly describing all the real-life benefits of yoga — there are quite a few — and walks you through just how to do a hundred different poses all categorized based on what parts of the body they work with. The author goes even farther than that by clearly describing what each pose works, what health effects it has, and describes exactly how to do the pose. Speaking as a previously completely unexperienced yoga-doer, I highly recommend this book for anyone looking to get into yoga.

I've been meaning to try yoga for years now, and this book really motivated me and helped me realize it's not as hard or complicated as I thought. The thing that Susan Hollister makes clear right off the bat is that yoga is for everyone and that you don't need to spend a bunch of money on extra things to do it. I was really surprised by the amount of ailments and issues that yoga can take care of, the whole second chapter is dedicated to describing all the benefits of doing yoga. I was particularly happy to see that it helps heal chronic migraines, which I suffer from, as well as asthma, it's also a mood enhancer and can even boost your sex drive! Another fear I had about starting yoga has always been the amount of time I have to dedicate to it, but Susan explains that it's a very lax exercise that you can do as much or as little as you'd like, but 2-3 days is her recommendation. The book is filled with very detailed descriptions of the poses, and how you should ease into them, hold them and breath during them. In the end, Susan includes sample routines she has made for different levels, purposes and times of the day. All in all this book is extremely thorough and has answered all the questions I had about yoga, I'm definitely going to start doing some poses before bed!

For anyone who's ever been curious about yoga but didn't know when to start, this is the perfect book. Susan Hollister not only gives you the "how" of yoga, but also the "why." The benefits are explained clearly, such as how it can make you more flexible, sharpen your mind, help your sex life and your overall longevity. For the poses, Hollister breaks each of them down wonderfully. The bulleted instructions, and (in some cases) images, give beginners the perfect understanding of this relaxing and rewarding exercise. This is a great reference for anyone interested in yoga.

Never knew about the specific benefits yoga has and how it balances every part of life, but now I

know. When I started doing yoga I noticed my mood improving as the book gave me proper advice about preparing and executing different types of yoga exercises. Some of the exercises initially had me tired but I followed the book verbatim to improved my stance. My favorite ones are the reverse warrior stance because it made me feel powerful. Didn't know there were animal names for some of the yoga stances like dolphin plank and cow face. I thought that was kind of cool. The hardest one was the handstand firefly, but with practice I improved with that exercise. I also like that the book covered variety of complex and simple ones and gave great advice for starting and ending the exercises properly.

As an athlete, I needed a way to stay in shape this summer when I was traveling long distances in the car. This book was great because it is really easy to read and the chapters are broken up based on the body part you want to focus on. I could do isolated yoga for my neck and hands while I was in the car and then when I got to my hotel I could do more of a full body session. The instructions are clear and it is really interesting to read through all of the poses and see how each of them benefits your overall health. The breathing techniques have really helped my stress levels go down.

As a chronic migraine sufferer, I always wanted to give yoga a go as I had heard that it can be of great benefit with regards to migraines, however I had always thought it was for tall, thin, flexible people and not for the vertically challenged in other words short, portly people! I found it most refreshing that the author was totally honest at the start by stating that yoga is not for everybody and that you don't have to spend lots of money getting specialised equipment. I was also concerned that I would not be able to dedicate the time needed however I was happy to read that although the recommended amount was 2 or 3 days a week you can do a little or a lot it really is left up to you. The book is informative and easy to understand, with detailed descriptions of the poses, how they should be completed, for what length of time you should hold the pose and how you should breathe throughout. There are some great sample routines that are ideal whether you are just getting started or are accomplished in the art of yoga. I would recommend the book to all as it really does answer all the questions about yoga and how it can help you.

Yoga is a demanding, yet rewarding exercise. Hollister shows how it can be beneficial to anyone's health through strength-building exercises, flexibility exercises, and more. She explains the advantages of yoga in the long term and short term levels while keeping the directions simple.

Finally, she shows you how yoga can be used to heal the human body.

Great book for beginner's and pros

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