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Yoga To The Rescue: Remedies For Real Girls (61 Card Deck)



Synopsis

"This is a fabulous exercise deck....you really want to know and hang out with these girls!" ----The Washington Post "I love this charming little book! " --The Daily Mail / Book of the Week "It's fun...it is like working out with a girlfriend." --Liz Phair "...If you can bear to give it away, it would make the perfect gift." --Pathways "Yoga to the Rescue is whimsy and yoga at its finest! This book will get any "body" onto the mat!" --Natalie Maisel - Certified yoga instructor Product Description Overwhelmed? Can't Sleep? In pain? Jiggly Butt? Yoga to the Rescue: Remedies for Real Girls is the tonic that every woman needs! Yoga greatly reduces stress, boosts energy, kick-starts the immune system, eliminates toxins, tones every muscle, increases confidence and clarity, and reduces pain (both physical and mental). And the best bit of all? Yoga is simple and unique to every individual. There is no such thing as the "perfect" pose and any pose can be modified to meet your needs and challenges. It doesn't matter if you are 8 or 80, flexible or stiff as a board, clumsy or graceful, yoga will work its magic on you! This amazing little volume is printed on super-thick recycled cardstock & fastened with a removable book ring, so you can create your own sequences, pinup a favorite pose, perfect for travel! Included: * 48 classic yoga poses to start your journey to total wellness. * Divided into 7 useful categories: Sexy, Calm, Energy, Restore, Sanity, Cleanse, PMS. * Each pose comes complete with fun, detailed illustrations. * Excellent instructions. * Benefits--both mental and physical. * Focus points--key elements that will help you achieve the correct pose. * An easier version of each pose is provided. * Yoga sequences included in each category. This clever, user-friendly tool brings so much levity to a typically somber subject, that it might just turn yogaphobics into yoginis and entice the sedentary into Virasana!

Book Information

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Customer Reviews

"This is a fabulous exercise deck....you really want to know and hang out with these girls!" ----The Washington Post "I love this charming little book! " --The Daily Mail / Book of the Week "It's fun...it is like working out with a girlfriend." --Liz Phair "...If you can bear to give it away, it would make the perfect gift." --Pathways "Yoga to the Rescue is whimsy and yoga at its finest! This book will get any "body" onto the mat!" --Natalie Maisel - Certified yoga instructor Product Description Overwhelmed? Can't Sleep? In pain? Jiggly Butt? Yoga to the Rescue: Remedies for Real Girls is the tonic that every woman needs! Yoga greatly reduces stress, boosts energy, kick-starts the immune system, eliminates toxins, tones every muscle, increases confidence and clarity, and reduces pain (both physical and mental). And the best bit of all? Yoga is simple and unique to every individual. There is no such thing as the "perfect" pose and any pose can be modified to meet your needs and challenges. It doesn't matter if you are 8 or 80, flexible or stiff as a board, clumsy or graceful, yoga will work its magic on you! This amazing little volume is printed on super-thick recycled cardstock & fastened with a removable book ring, so you can create your own sequences, pinup a favorite pose, perfect for travel! Included: * 48 classic yoga poses to start your journey to total wellness. * Divided into 7 useful categories: Sexy, Calm, Energy, Restore, Sanity, Cleanse, PMS. * Each pose comes complete with fun, detailed illustrations. * Excellent instructions. * Benefits--both mental and physical. * Focus points--key elements that will help you achieve the correct pose. * An easier version of each pose is provided. * Yoga sequences included in each category. This clever, user-friendly tool brings so much levity to a typically somber subject, that it might just turn yogaphobics into yoginis and entice the sedentary into Virasana!

As a Yoga instructor and a Registered Nurse-I have searched high and low to find a fun yoga book understandable to all, and have found just that in Amy Luwis' book appropriately entitled "Yoga to the Rescue". She starts by giving a quick overview of why she wrote the book, and follows with fun step-by-step explanations of the 48 yoga moves and quirky corresponding drawings that show proper body alignment and laugh out loud funny illustrations! I especially love the "other benefits" block which shows how each particular move helps you. "Stress? Tired? Plump? In pain? Ready to drop out of society or check into a nuthouse?" She gives you the low down on how the heck down ward facing dog can calm your mind, how to improve physical balance while doing the tree pose, how to give a loose caboose a lift with the chair pose, or how the forward fold can relieve a headache and

insomnia-all the while doing it with style!She is true to the "48 classic asanas poses that will start you on a journey to total wellness".She never laughs at you,but rather laughs with you.Who knew how Yoga could help the things all of us deal with on a daily basis?I certainly didn't!There is a lot of excellent information packed in this pretty pink book that I intend to share with my students.Amy is truly like a girlfriend without even knowing her.Every Yogini should buy this book,money well spent.Don't dissappoint us Amy,we're waiting for the sequel!

This book is absolutely incredible, I am a personal trainer that focuses mainly on strength training. My flexibility and balance is not that great. This book really helps you in a fun way. Not only is it separated into different categories based on what you want to work out that day, it also gives you a sequence of yoga poses that you can do to get the best results depending on what your body goals are. On top of that, it also gives you the option to do poses in an easier fashion, not all of us can do the splits... This book knows that :-)

Not only does this book have the cutest illustrations, but it also is a wealth of information for beginners and more experienced yoginis.I love the 'pocket' size of this book. Great to take with you on a trip (or stick in your purse) when you need a little reminder for the poses & sequences! Other things I love about this book:
*Each pose has an easier version in the upper corner of each illustrated pose.
*Each pose points out key areas to pay attention to your technique and alignment.
*Each pose has a second page explaining how to get into the pose, focus points, and what the benefits are!
*The outer cover is sturdy and has flaps that are great to mark your page.
*At the beginning of each chapter, there is a series (Mega Benefit Sequences)to give you an idea how to put together a flow.
*Each chapter of the book is color-coded in the margin to signify the categories: Sexy Calm Energy Restore Cleanse Sanity Ragtime

I have many, many yoga books and this by far is my favorite. I'm no beginner but this book would be great for a beginner or a pro! It's very detailed and the illustrations are beyond cute! It's very informative and fun to read and follow. It's kind of silly which I love and the names of the sections are too awesome (attached picture below) I will be using this often and would highly recommend to someone looking for a beginners guide or a pro looking to refresh and practice.

If you have "Yoga to the Rescue: Ageless Beauty" you would love this book. If you don't have "Ageless Beauty", get this book anyway. Rather than use the same poses, Amy Luwis introduces

different poses as well as several different yoga routines for each section if you need ideas on pairing moves together. Each pose has clear illustrations and instructions telling you exactly what you need to do to get into a pose, what to watch out for and where you should feel the stretching. Most poses also have an "easier version" if the one you're trying to do is a little too difficult for you. Would definitely recommend to anyone interested in or experienced in yoga; it's a great addition to your library!

I use this little book every day. It is FABULOUS! I highly recommend, especially if you're trying to get into doing yoga but having a hard time getting motivated!

Love the illustrations and instructions are very easy to follow. Making these into cards and putting them on a ring was a genius idea because who wants to hold a book open when you're trying to do a pose? I only wish the cards were a little bit thicker. I think with a lot of use they would show wear very fast. The cards came in a see-through pink pouch. Recommended!

An excellent little book. If you've been doing yoga for a while you may not learn anything new from this - but the organization into sections - the handy style tips and the FABULOUS cartoon illustrations - are inspiring - I particularly like the one of doing Chaturanga Dandasana while sipping a milkshake .. and Urdva Mukha Svanasan will puffing on a cigarette. Also its small so travel-sized. A perfect gift for any yogini friend with a sense of humour!

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