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Restoring Flexibility: A Gentle Yoga-Based Practice to Increase Mobility at Any Age

By Andrea Gilats

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Restoring Flexibility: A Gentle Yoga-Based Practice to Increase Mobility at Any Age, Andrea Gilats, A fully illustrated, step-by-step program that improves the mobility of seniors and promotes long-term health Flexibility is vital for staying active and healthy at any age. For aging adults, good mobility drastically improves quality of life and the ability to live independently. Featuring 200 step-by-step photos and a lay-flat binding, Restoring Flexibility offers a safe, age-appropriate, and individually customizable program to help restore joint and muscle flexibility for readers at every level. Utilizing an easy-to-follow, twenty-minute, twice-weekly regime, this book presents basic poses and practice sequences that help readers improve agility, avoid the need for a walker, and reduce the chances of falling. Written by a well-known yoga instructor, the book offers fully illustrated, step-by-step instructions for each position, as well as tips and hints for staying safe and comfortable. With sample flexibility programs as a guide, the book shows readers how to create a program tailored to their individual physical needs, schedule, and lifestyle.



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