



Yoga to the Rescue: Remedies for Real Girls

Amy Luwis

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Headache? Hangover? Insomnia? Back Pain? *Yoga to the Rescue* has solutions for these and many more--making it a great book for yoginis to yoga-phobics (Chosen "Book of the Week"--The Daily Mail.

Yoga to the Rescue includes:

- 48 illustrated yoga poses.
- Divided into 7 useful categories: Sexy, Calm, Energy, Restore, Sanity, Cleanse, PMS.
- VERY Easy to Follow instructions.
- Benefits (both mental and physical).
- Focus points (key elements to help you achieve the correct pose).
- "Beginner" version of each pose is included.
- 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!

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From reader reviews:

Mora Miller:

As people who live in typically the modest era should be up-date about what going on or data even knowledge to make these keep up with the era and that is always change and advance. Some of you maybe may update themselves by studying books. It is a good choice for you personally but the problems coming to you actually is you don't know what type you should start with. This Yoga to the Rescue: Remedies for Real Girls is our recommendation to help you keep up with the world. Why, as this book serves what you want and need in this era.

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