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Yoga for Age 60+: A Guide to a New Journey of Safe Yoga Practice at Home (Paperback)

By Meena Vad

Om Capital Management Inc. D/B/A Austin Ashram, United States, 2011. Paperback. Condition: New. George Matchen (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Whether you re sixty, eighty, ninety, or somewhere in between, Meena Vad s inspirational, informative, and spiritually charged debut handbook, *Yoga for Age 60+: A Guide to a New Journey of Safe Yoga Practice at Home*, is a smart read with a smart goal. With an engaging style and meticulously crafted illustrations, Vad prompts each of us to take control of our bodies and minds, because when it comes to the later years-our health is in our hands. Go ahead-strike a pose. After years of studying Sanskrit, Vedic literature, and Ayurveda, and working as a Software Engineer, Meena Vad compares the human brain to a supercomputer. Each of us has a huge memory-with different software and hard drives-and it all comes down to experiences and perspective. To her, the practice of yoga isn t confined to postures. Yoga depends on one s individual aptitudes, abilities, and preferences. It s about helping each of us manage the unique treasures of our journey and recharge our bodies and minds. Yoga also celebrates our attitude of wonder,...



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