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YOGA FOR HIKERS: STRETCH, STRENGTHEN, AND CLIMB HIGHER



Mountaineers Books, United States, 2016. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Yoga for Hikers will show you how to create a yoga practice at home that will keep you healthy, prevent injuries, and support and improve your outdoor passions. These guides feature easy-to-understand yoga poses and sequences designed to address the specific stresses that hiking enacts on the body. Through a simple and accessible approach to physical poses and breathing practices, hikers...

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- Authored by Nicole Tsong
- Released at 2016



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