



# Every Woman's Yoga: How to Incorporate Strength, Flexibility, and Balance into Your Life

*Jaime Stover Schmitt Ed.D. CMA*

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Yoga truly is for every woman. Its therapeutic and healing powers are vast— its benefits range from strengthening and toning to stress and pain relief, from childbirth preparation to easing through the menopause transition. *Every Woman's Yoga* focuses on specific yoga practices that are most suitable for women. Whether you are already into yoga, or just getting started, this informative guide will help you nurture your mind, body, and soul.

Come discover how yoga can:

- Help reduce signs of aging and decrease stress
- Relieve the discomfort of pregnancy, menstruation, and menopause
- Build strength and promote flexibility to support bone health
- Support recovery from breast cancer treatment
- Ease incontinence, digestion, and elimination
- Reduce fatigue and depression
- Promote inner beauty, build confidence, and manage weight

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