



Yoga for All of Us: A Modified Series of Traditional Poses for Any Age and Ability

Peggy Cappy

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At last, a yoga program anyone can do! An accessible guide to gentle yoga stretches, based on the popular video and PBS television program of the same name.

You can enjoy the benefits of yoga – whatever your age, ability, or level of activity, even if you have never been able to participate in traditional yoga classes. This accessible guide to gentle yoga stretches and poses will help ease you into the world of this beneficial exercise. Experienced yoga instructor Peggy Cappy will help you gain energy, flexibility, and focus, through modified poses that will help strengthen and stretch your muscles and bring you peace of mind.

"Peggy Cappy makes it clear that you are never 'too old', 'too overweight' or 'too out of shape' to do yoga. Thank you, Peggy for sharing your love of yoga with all of us!" - Suza Francina, yoga teacher and author of *The New Yoga for People over 50*

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Bruce Mull:

People live in this new moment of lifestyle always attempt to and must have the time or they will get wide range of stress from both daily life and work. So , if we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we question again, what kind of activity do you have when the spare time coming to you of course your answer will certainly unlimited right. Then do you ever try this one, reading books. It can be your alternative in spending your spare time, often the book you have read is definitely Yoga for All of Us: A Modified Series of Traditional Poses for Any Age and Ability.

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