

YIN YOGA

FOR
BEGINNERS



A detailed guide to yin yoga, including 5 fundamental yin yoga poses for beginners

KESSY MILLER

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Yoga with Weights For Dummies Sherri Baptiste,2012-03-27 An easy to follow guide to a hot new form of yoga *Yoga with Weights* is the latest breakthrough in mind body exercise integrating the mindfulness of yoga with the physical culture of body building Building on the strengths of both disciplines this friendly guide shows readers how to safely combine yoga postures while simultaneously working out with lightweight hand held free weights It features customizable exercises that target specific areas of the body each illustrated with multiple photos and provides guidelines for combining healthy eating with workouts Sherri Baptiste Marin County CA is the founder of Baptiste Power of Yoga a nationally recognized method of yoga offered throughout the United States She teaches yoga classes throughout the United States and hosts retreats around the world **Surviving the Holidays For Dummies** The Experts at Dummies,2012-09-24 Just the thought of the holidays can be overwhelming the decorating the shopping the entertaining and the extra commitments not to mention the extra calories Fortunately *Surviving the Holidays For Dummies* offers expert tips to help you make it through the holidays in one piece with your friends and family marveling at how you do it all This specially created ebook is divided into four parts that guide you through the holiday process We can t help you with every holiday happening and we would never claim to be able to do so but we can help you plan and prepare for what should be the most wonderful time of the year So whether you re having trouble getting in the holiday spirit or overwhelmed by all the shopping and entertaining we ve culled tried and true content from many of our bestselling titles to bring you this fun approachable ebook to survive and thrive throughout the Holiday

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