



Yoga to the Rescue: Remedies for Real Girls

Amy Luwis

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Headache? Hangover? Insomnia? Back Pain? *Yoga to the Rescue* has solutions for these and many more--making it a great book for yoginis to yoga-phobics (Chosen "Book of the Week"--The Daily Mail.

Yoga to the Rescue includes:

- 48 illustrated yoga poses.
- Divided into 7 useful categories: Sexy, Calm, Energy, Restore, Sanity, Cleanse, PMS.
- VERY Easy to Follow instructions.
- Benefits (both mental and physical).
- Focus points (key elements to help you achieve the correct pose).
- "Beginner" version of each pose is included.
- Yoga sequences included in each category.

This clever, user-friendly tool brings so much levity to a typically somber subject, that it might just turn yogaphobics into yoginis and entice the sedentary into Virasana!

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From reader reviews:

Mark Jones:

Now a day those who Living in the era wherever everything reachable by connect to the internet and the resources inside it can be true or not demand people to be aware of each information they get. How a lot more to be smart in receiving any information nowadays? Of course the answer is reading a book. Reading through a book can help people out of this uncertainty Information specifically this *Yoga to the Rescue: Remedies for Real Girls* book because this book offers you rich info and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it you may already know.

Marion Richey:

In this period of time globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher which print many kinds of book. Often the book that recommended to you is *Yoga to the Rescue: Remedies for Real Girls* this reserve consist a lot of the information of the condition of this world now. This kind of book was represented how do the world has grown up. The dialect styles that writer require to explain it is easy to understand. Often the writer made some investigation when he makes this book. That is why this book suitable all of you.

David Hosford:

Is it you actually who having spare time after that spend it whole day simply by watching television programs or just resting on the bed? Do you need something totally new? This *Yoga to the Rescue: Remedies for Real Girls* can be the solution, oh how comes? It's a book you know. You are thus out of date, spending your free time by reading in this fresh era is common not a geek activity. So what these publications have than the others?

Justin Davis:

Some people said that they feel fed up when they reading a book. They are directly felt the idea when they get a half regions of the book. You can choose the actual book *Yoga to the Rescue: Remedies for Real Girls* to make your current reading is interesting. Your own personal skill of reading expertise is developing when you similar to reading. Try to choose basic book to make you enjoy to learn it and mingle the idea about book and reading especially. It is to be initially opinion for you to like to start a book and learn it. Beside that the guide *Yoga to the Rescue: Remedies for Real Girls* can to be your new friend when you're truly feel alone and confuse using what must you're doing of their time.

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