



Restoring Flexibility: A Gentle Yoga-Based Practice to Increase Mobility at Any Age

Andrea Gilats

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A FULLY ILLUSTRATED, STEP-BY-STEP PROGRAM THAT IMPROVES THE MOBILITY OF SENIORS AND PROMOTES LONG-TERM HEALTH

No matter what age you begin doing yoga, it will help you steadily renew your physical abilities. Done over four weeks, this 25-minute, twice-weekly program features gentle poses, practice sequences and techniques to help you:

Improve your posture

Increase spinal flexibility

Release tightness in your shoulders

Relax the muscles in your torso

Expand mobility in your hip joints

Reduce the chances of falling

This book's safe, age-appropriate, customizable approach to yoga-based exercise is specifically designed to restore your flexibility, mobility, and agility while ensuring a longer life and more independent lifestyle. As this flexibility practice becomes a regular habit, you'll feel more energetic and enjoy moving freely. Your favorite physical activity, like walking, golf and even dancing, will once again become a personal pleasure.

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