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Your Guide to Enhancing Body, Mind, and Spirit
in Midlife and Beyond
Lilias Folan



by Lilias Folan : **Lilias! Yoga: Your Guide to Enhancing Body, Mind, and Spirit in Midlife and Beyond**

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Description :

PDF-b0d30 | Millions of Americans have turned to yoga to help them feel strong, healthy, and balanced. While traditional yoga poses and stretches can be a problem for stiffer, less pliable bodies, age should not limit your practice. Here, Lilias Folan—America’s most beloved yoga teacher—introduces “yin” yoga, a specific, safe, and creative way to stretch and strengthen within each yoga posture. This... *Lilias! Yoga: Your Guide to Enhancing Body, Mind, and Spirit in Midlife and Beyond*

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