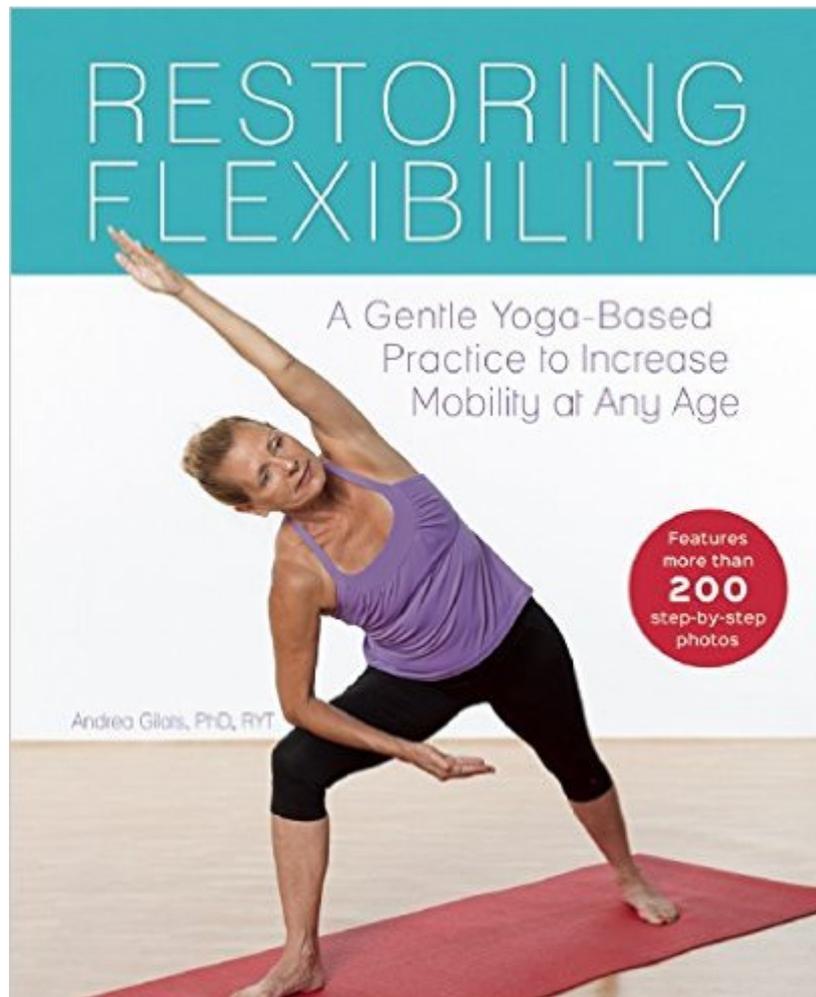


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# Restoring Flexibility: A Gentle Yoga-Based Practice To Increase Mobility At Any Age



## Synopsis

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.

## Book Information

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## Customer Reviews

I've been working hard getting back into shape with a gym 3 days a week and personal trainer twice a week. One of the things we both realized I needed was to get more movement and flexibility with my bodies - it was really deterring me from doing some basic moves - like military style wall sit. My PT and I decided to integrate some yoga moves into my workouts, but also my every day lifestyle. She ordered this book for me so that I could have some basic guidelines when I am at home trying to work it out. What a great book! I was very nervous about implementing new moves but this book was so easy to read and understand - it was a great motivator too. I really appreciated the style of

the book - showing photos and letting the reader know what was right and what was wrong. I now look forward to the 20-30 minutes a day I try to integrate yoga into my life. GREAT BOOK, especially for anyone too nervous to go to yoga without knowing the moves. This is a great book

When I picked up *Restoring Flexibility*, I knew it would be right up my alley. I've danced for a number of years and that has fallen by the wayside. I can definitely see that I've lost a good amount of flexibility. The way the author, Andrea Gilats wrote about her experience, I knew this would be a good book to get me on track. Not only for me, but possibly for my mother who doesn't exercise very much at all. Gilats talks about starting yoga at 62 years of age and battling Crohn's disease. If an older woman with physical ailments can use yoga to get back on track, then it's a good chance it can work for just about anyone. 25 minutes, twice a week. That's all it takes to improve flexibility and in turn, agility. I'm only 30 and not nearly active enough. My worry is for the future as I begin to age and lose mobility. Gilats lets the reader know it's not too late. What happens to our bodies as we get older is 30% inheritance, 70% lifestyle. This book is the most comprehensive step-by-step yoga guide I've ever read. There are pictures to give the reader a better grasp on how to tackle poses. Nothing seems hard and they aren't supposed to be. This is about flexibility. If you want to get more advanced, work on that after you gain the flexibility. With a little time commitment and the included charts (One can break the day into mini-sessions: Morning, Midday, Evening and go-anywhere), there is no reason why one wouldn't be able to succeed. There is even a section that shows step by step how to get down into yoga positions without hurting oneself. You are set with this book.

This book delves into the use of yoga as a means of regaining flexibility. The first four or so chapters are dedicated to deciding if yoga is right for you, why you should choose to use yoga for regaining flexibility and in some ways in form of a workout and how to get started from deciding a routine to gathering the supplies. The book also brings several different poses to restore upper body and lower body flexibility, spinal centering, and centering your breath. Each of the poses is accompanied with photos of how to complete the poses and an explanation of each pose. However, what I found to be the most useful is the last part of the book which centers on how to make yoga a routine and a part of your daily life.

I have read and heard how you need to have flexibility for a healthier life. I'm not a spring chicken and know that I need to be more flexible. I have also been to my share of yoga classes, and I haven't really gotten the benefit from the class. Not only were the other people 20 years

younger, I felt a little inadequate not able to do the positions as well. I like the way this book does  
• The sequence at a glance • it does a detailed explanation and with photos of the different  
poses. So you can really learn each poses correctly. Once I get the basic poses down, I'm going  
back to the class.

This is a great book for anyone wanting to improve flexibility, posture, muscle aches, or tightness in  
any part of your body. This is a • YOGA • based program. Pictures and instructions of how to  
position your body for each pose are clearly explained and diagramed. What I really liked about the  
book is that it is a low impact form of exercise. • Yoga is holistic, uniting the body, the breath, and  
the mind •. Once you have mastered the poses and sequences of movements, you can have a  
head to toe exercise and stretching routine. The book includes a four-week restoring flexibility  
schedule, a guide for 3 mini sessions a day and a guide for go anywhere mini sessions. As with any  
exercise program, you must like what you are doing to reap the benefits.

I love this book! I'm 64 years old with little to no flexibility and back and hip issues. Following the  
instructions in this book for just a week has already given me noticeable improvements in my  
flexibility and back pain. There are no wasted words or constant repetitions in this book. I find this so  
irritating in other books. Everything is laid out in an easily understandable order with clear  
instructions and numerous photos showing you exactly how to do each movement. At the end of the  
book are some suggested sessions to use twice a week. They reference the page numbers where  
you find the instructions, but after learning to do the exercises the proper way and repeating them a  
few times, you don't even need to refer to the detailed instructions. I don't think this book would be  
challenging enough for younger, more flexible women, but older, out of shape women like me -  
whether a little younger or a little older, should be as happy as I am to have found it.

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