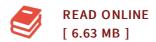




## 15-Minute Yoga: Health, Well-Being, and Happiness Through Daily Practice

By Norberg, Ulrica. Biedny, Diana Katarzyna, Translator.Lundberg, Andreas, Photographer.

Skyhorse. 1 Cloth(s), 2015. hard. Book Condition: New. A renowned yoga instructor in Sweden and the author of Power Yoga and Hatha Yoga, Ulrica Norberg posits that by integrating just 15 minutes of yoga into your daily schedule, you can achieve balance and peace throughout the day. The foundation of all yoga is breathing exercises, body positions that both strengthen and soften, and visualization exercises, she explains, and in this guideillustrated with step-by-step color photos on almost every pageshe offers various routines of poses and focus sessions for a rewarding daily yoga practice. Norberg also provides options for advanced variations, depending on your experience level, and tips on how to combine poses to create your own 15-minute program. 96.



## Reviews

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).

-- Delbert Gleason

The most effective book i at any time read through. It is definitely simplistic but surprises in the fifty percent from the ebook. Your daily life span will probably be enhance once you full reading this ebook.

-- Jules Dietrich V

## Other Kindle Books



## Billy's Booger: A Memoir (sorta)

Atheneum. 1 Cloth(s), 2015. hard. Book Condition: New. From what might not sound like the most promising title (at least to grown-ups), William Joyce introduces readers 6 to 8 to his younger self Billy Joyce, a "most challenging student" (his principal's words)...



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