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Titolo	Relax into Yoga for Seniors : a six-week program for strength, balance, flexibility, and pain relief // Kimberly Carson, Carol Krucoff ; foreword by Mitchell W. Krucoff ; afterword by Jim Carson
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Nota di contenuto	Part 1: Yoga for Healthy Aging -- Introduction: If You Can Breathe, You Can Relax into Yoga -- Yoga for Every Body -- Yoga for the Perfectly Imperfect Body -- Yoga for the Functional Body -- Part 2: Relax into Yoga Practices -- Practice Guidelines and Essentials -- Week 1: The Foundational Practice to Relieve Tension and Enhance Flexibility -- Week 2: Standing Poses to Enhance Strength and Balance -- Week 3: Seated Poses to Improve Alignment, Range of Motion, and Strength -- Week 4: Balance Poses to Boost Strength and Reduce Fall Risk -- Week 5: Back Strengthening to Support Healthy Posture -- Week 6: Core Strengthening to Enhance Spinal Health -- Additional Practices to Enhance Vigor and Relaxation -- Continuing Your Journey.
Sommario/riassunto	Managing the emotional and physical challenges that come with aging can be difficult. Seniors face a number of age-related issues, such as chronic pain, hypertension, heart disease, osteoporosis, arthritis, and anxiety and depression. And while some people may consider yoga a young person's practice, there is a growing body of evidence that suggests yoga can be beneficial for a wide variety of age-related ailments. Relax into Yoga for Seniors--based on the innovative Yoga for Seniors program, and including new material for fans of the Relax

Into Yoga for Seniors DVD--provides a step-by-step guide that combines the best of modern, evidence-based medicine with the ancient wisdom, experience, and tradition of yogic teachings. With this book, you'll explore what yoga is and how to do it safely, including important movement considerations like how to get up and down from the floor with care, and how to stand and sit with healthy postural alignment. With this popular program, you'll be able to create a safe and effective individualized practice that will address your needs, take personal limitations into consideration, and help you relieve pain, become more flexible and active, and connect more deeply with your inner experience.--
