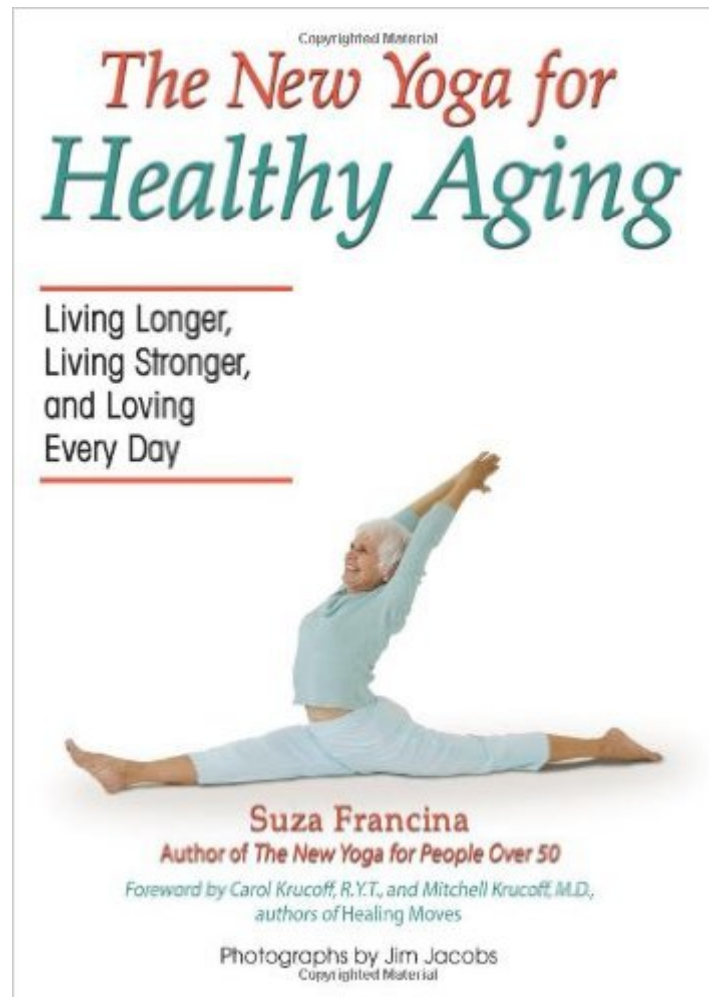


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# The New Yoga For Healthy Aging: Living Longer, Living Stronger And Loving Every Day



## Synopsis

A step-by-step guide for the millions of baby boomers who want one simple practice for feeling and looking greatâ "yoga! One in five Americans is now moving toward the age bracket of "sixty and beyond," and while many are calling sixty the "new forty," this milestone is the perfect time to take stock in good health. One form of exercise that is proven to prevent or alleviate a host of physical and mental ailments for the last 5,000 years is yoga. Now, under the guidance of a qualified and well-known Iyengar yoga teacher, who is also the author of *The New Yoga for People Over 50*, readers can reap the benefits of yoga with this gentle and clear guide written specifically with todayâ s baby boomers in mind. Filled with clear instructions, including the use of yoga props and modified poses, plus crisp follow-along photographs, *The New Yoga for Healthy Aging* takes readers step by step through the asanas (poses) that can prevent or lessen ailments such as osteoporosis, hip fractures, chronic pain, arthritis, Alzheimerâ s and Parkinsonâ s disease. With heartfelt interviews and tips from some of America's most active yoga teachers and their older studentsâ  each sharing wisdom, insights and successesâ  readers will discover a source of inspiration that will help their practice evolve into more than just those moments they spend on the mat.

## Book Information

Paperback: 365 pages

Publisher: HCI (March 1, 2007)

Language: English

ISBN-10: 0757305326

ISBN-13: 978-0757305320

Product Dimensions: 6.6 x 1 x 8.9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ  (35 customer reviews)

Best Sellers Rank: #437,277 in Books (See Top 100 in Books) #50 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #1073 inÂ  Books > Health, Fitness & Dieting > Aging #1232 inÂ  Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

Suza Francina's book "The New Yoga for Healthing Aging" is a must-have for anyone over 50 as well as for those of us who work with the aging baby boomer population. This book is chock full of inspiring photos of seniors in different asanas, sage advice and some sample routines. I can't

believe that some of these people are over 90! Wow! Francina is Iyengar-based, so many of the poses are shown with props and there is good information on how to use the props safely. In this book you can also find medical research and advice on using yoga for a variety of conditions including arthritis, osteoporosis, hip replacements, Alzheimer's and Parkinson's. Many of the seniors in the book share their stories on how yoga has helped them with their issues, and this can be very encouraging for people who may be fearful of trying yoga. Especially helpful are the suggestions for getting up and down from the floor and the section on teaching seniors. Any teacher who works with the aging population will find these parts invaluable! I hope that this book can not only help me to be mindful of my teaching skills but also about my own aging body.

As a 60-year-old beginning yoga student, I'm happy to have Suza Francina's new book. It is full of both inspiration and useful practical information. As I struggle alongside the 20-somethings in my yoga class, I sometimes wonder just what this or that pose is supposed to do for me. This book explains in detail the physiological benefits of groups of poses and individual poses. As it's become obvious that a once a week class is not enough to progress in yoga, I also appreciate Francina's clear instructions for practicing at home with the help of readily available props such as chairs and walls. I love the prescription for a "daily yoga vitamin," and it's encouraging to know that this simple sequence is enough to be beneficial. I also love the real stories of people practicing yoga in their 60's and even into their 90's.

I am a Yoga Teacher and I have used Suza's other book (New Yoga for People Over 50) in my class every week as a learning tool. I read something out of this book to my students every week before the class starts. All of my students went out and bought the book so that they will have their own copy. When I heard that Suza was writing another book, I could not wait. I pre-ordered the book from .com so that it would be delivered to my door as soon as it was published. I could not put the book down it was so good. I really like how Suza uses "real" people in her books with their picture and how she interviews them so that I can learn their "secrets." This book has a lot of pictures too of real people doing yoga and using props as necessary. The pictures along with written instruction make it very easy to follow. I also ordered her Yoga and the Wisdom of Menopause and am loving it too.

With the innumerable yoga books on the market and the attempts of companies trying to make a buck of the yoga boom I am leary of buying any products, including books, marketed for yoga. Also,

from my own experiences I feel many reviews give an exaggerated view of the books. However, this book is truly a good book. I am 49 yrs old and have been practicing yoga for almost 5 years, two to four times a day. I am constantly trying to find out more about books, DVDs, websites etc on yoga related items in order to improve and deepen my practice. I am glad I bought this one. For someone who recovered from a severe and incapacitating lower back injury with the practice of yoga asanas, this book is a reaffirmation of my own experiences. Had I not taken to an asana practice, I know for a fact that my injury would have made a "cash cow" out of me for the "medical professionals" in our health care system. More importantly the book offers tremendous inspiration, hope and encouragement to the aging -- which includes all -- and people recovering from chronic pain. It does this by sketching the lives of those who have been practicing yoga asanas. I assure you that if you are serious about your mental, physical and emotional health, and if you have had a year of yoga and want to give your practice a boost then this book will not let you down. It will confirm your realizations and build on them regarding the healing potential of yoga asanas. I have already bought two copies and will be buying numerous more to give to everyone I know. This will save them a lot of pain and suffering as they grow older, not to mention the expenses of a medical system that is absolutely out of control. In my opinion and experiences medical science itself is shallow and flawed despite the many sincere practitioners. People suffering from chronic ailments are a testimony to this claim. The writer has done a very good job of writing this book. Thank you Suza.

I will be 60 in May and was inspired by this book. I have been doing yoga for about 30 years....It was very difficult to find a class thirty years ago in the small town where I lived. I watched "Lilias, Yoga and You" and did it along with Lilias. I hope to get certified this year, just to say "it is never too late". I have large yoga room in my home and have a free weekly class for anyone to come. We have a donation basket and each of us likes to put money in , to give back for what yoga is doing for us. Each time we have 50.00, one of the group takes to donate to a local need. I am sharing some of the inspiring messages from the book and postures with my group. I hope to be doing yoga for another 30 years! Namaste, Dana Happel

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