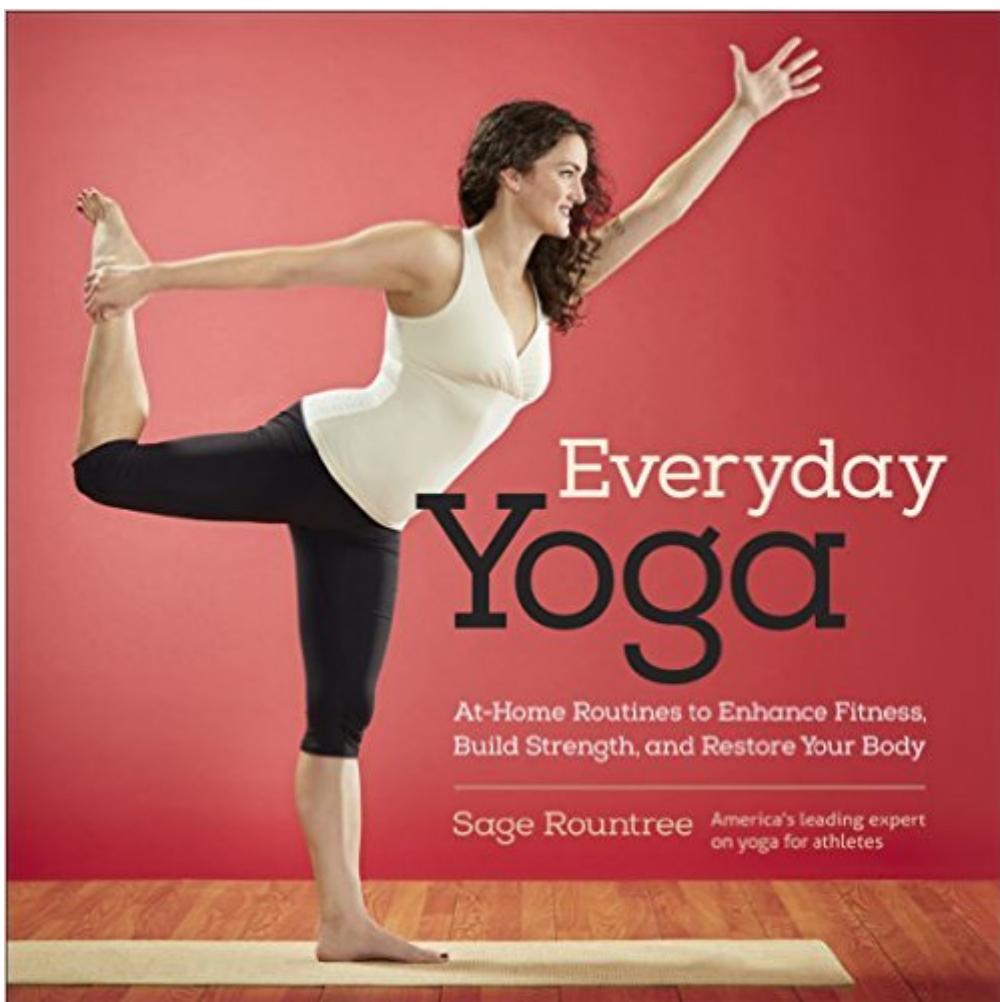


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Everyday Yoga: At-Home Routines To Enhance Fitness, Build Strength, And Restore Your Body



Synopsis

America's leading expert on yoga for active people, Sage Rountree, shares her approach to practicing yoga every day in this colorful, lay-flat guide to yoga poses and routines. Flexibility, balance, whole-body strength, recovery, range of motion, focus--a regular yoga practice brings many benefits to people who lead active lives. For athletes in particular, the dynamic stretching of athlete-friendly yoga poses and properly designed yoga exercises can counteract the tightness and imbalances that come from daily workouts. In *Everyday Yoga*, certified coach and registered yoga teacher Sage Rountree shares the yoga positions and exercises she has developed in her own yoga studio, at Kripalu, and working with active people during her popular yoga clinics around the country. She guides experienced yoga practitioners and yoga beginners on the best ways to design and develop their own at-home yoga routines. *Everyday Yoga* provides endless opportunities to explore and practice yoga in your own home: How to design yoga sessions to address the whole body or specific areasHow to sequence yoga poses for a satisfying practiceHow to create yoga routines of varying duration from 5 to 50 minutesHow to make yoga poses easier or more challengingEach *Everyday Yoga* routine moves the spine in every direction and loosens tight hips in routines that can last from 5 to 50 minutes, leaving readers satisfied and relaxed. By sequencing several routines together, readers can build stronger, more flexible, injury-resistant bodies.

Book Information

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Customer Reviews

If this is the first book by Sage Rountree you're considering buying, or if you already own one or more of her previous books, particularly *The Athlete's Pocket Guide to Yoga: 50 Routines for*

Flexibility, Balance, and Focus, read on. While in her previous works, Sage focused on (endurance) athletes, Everyday Yoga is written with just about anyone in mind. As Sage mentions, this is not a how-to, but rather a what-to book, so pose analysis is rather sparse. That said, there are no intimidating poses in sight, though instruction should be sought for some of the more "yogic" exercises, such as Shoulderstand. As such, this is a very approachable yoga book that even beginners will enjoy and use. Moreover, she offers variations for most poses that may make things sweeter (easier) or spicier (harder), or simply different, and encourages the reader to adjust depending on the mood/energy of the moment. If you already own any of Sage's books, you're probably wondering whether it's worth buying this one. Absolutely! Almost all the routines are brand new, and the method she teaches for building one's home practice is slightly different than in her previous works, but more importantly it's laid out in a fairly straightforward way. In the past, Sage had focused on creating cut-and-dry routines, focusing on areas such as the core and hips, which are problematic to nearly everybody, not just athletes.

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