

Chair Yoga for You is a practical guide, giving you easy-to-follow instructions for over 80 poses and exercises. Included are basic yoga principles and guidelines, breathing techniques, seated and standing poses, hand, feet and eye exercises, meditation and recommended sequences. For easy visualization of poses, we include black and white photos for most poses. Yoga instructors needing ideas for chair yoga classes can quickly find cues for poses and structure sequences. We hope you find that this is the most extensive book about chair yoga available.

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