



Chair Yoga: Seated Exercises for Health and Wellbeing

By Edeltraud Rohnfeld

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2013. DVD video. Book Condition: New. 180 x 138 mm. Language: English . Brand New Book. Chair yoga is a revolutionary concept designed to make the numerous benefits of classical yoga available to a wider range of physical abilities. This step-by-step program can be practiced by virtually anyone, anywhere, in any chair, to stimulate physical and mental well-being. The DVD s two 40-minute sequences contain easy-to-master exercises that have been specially developed for people without the range of movement necessary for mat work. The exercises provide a gentle approach, whilst still retaining the numerous physical and mental benefits of classical yoga. The clear voiceover instructions and visual onscreen demonstrations guide the viewer through the routines, which can be carried out safely without any previous knowledge or yoga expertise. This DVD can be used alone or in groups and will be popular with anyone wanting to experience the health benefits of an easy, versatile form of yoga, particularly older people, people rehabilitating from illness or injury and those with physical disabilities, as well as the professionals who support them.



READ ONLINE

[1.16 MB]

Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.

-- **Prof. London Gerlach**

A superior quality ebook and also the font used was interesting to read through. This is for all who statte there was not a well worth reading. I discovered this publication from my dad and i encouraged this pdf to learn.

-- **Felix Lehner Jr.**

Related PDFs



Music for Children with Hearing Loss: A Resource for Parents and Teachers (Paperback)

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a teacher-educator, this book is an in-depth and...



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



The Case for the Resurrection: A First-Century Investigative Reporter Probes History s Pivotal Event (Paperback)

ZONDERVAN, United States, 2010. Paperback. Book Condition: New. 180 x 127 mm. Language: English . Brand New Book. The Case for the Resurrection, a ninety-six-page booklet from bestselling author Lee Strobel, provides new evidence that shines a fresh light on the Bible...



Potty in the Potty Chair (Paperback)

Little Fig, LLC, United States, 2015. Paperback. Book Condition: New. Deb McQueen (illustrator). 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.My oldest son was fascinated with games. So, of course, I thought of games to...



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...