



Yoga to the Rescue: Ageless Beauty: How to Keep Yourself Glowingly Beautiful Inside and Out! (Paperback)

By Amy Luwis

Sterling Publishing Co Inc, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Learn how yoga can be the key to ageless beauty with this awesome reference. Written in a warm, fun friendly voice, with easy-to-follow drawings that guide readers through poses to reduce wrinkles, diminish fatigue more. It also includes safety tips, modifications to the poses, mini-workouts advice on living like a yogini. Is yoga a fountain of youth? Amy Luwis, creator of the popular RescueGirl website and author of Yoga to the Rescue , shows how it can be the magical key to ageless beauty, inside and out. Using a warm, fun and friendly voice and witty easy-to-follow drawings, Luwis guides readers through poses that help diminish wrinkles, lessen varicose veins, improve posture; reduce fatigue, diminish depression and strengthen the mind and body. Safety tips, modifications to the poses, mini-workouts and advice on living like a yogini make this an awesome reference.



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