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# Lilias! Yoga: Your Guide To Enhancing Body Mind And Spirit In Midlife And Beyond



## Lilias! YOGA

Your Guide to Enhancing Body, Mind, and Spirit  
in Midlife and Beyond

Lilias Folan



## Synopsis

Millions of Americans have turned to yoga to help them feel strong, healthy, and balanced. While traditional yoga poses and stretches can be a problem for stiffer, less pliable bodies, age should not limit your practice. Here, Liliás Folan introduces "yin yoga," a specific, safe, and creative way to stretch and strengthen within each yoga posture. This unique technique can only be found within these pages. Whatever you're looking for at this time of life—wisdom, energy, bliss, or just a chance to feel better—Liliás will show you how to find it.

## Book Information

File Size: 13409 KB

Print Length: 273 pages

Publisher: Skyhorse Publishing; 1 edition (November 11, 2011)

Publication Date: November 11, 2011

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00CKXBBR6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #2,463 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Yoga #3 in Kindle Store > Health, Fitness & Dieting > Exercise & Fitness > Yoga #312 in Kindle Store > Kindle eBooks > Nonfiction

## Customer Reviews

Overall, a good book. Here's the plus reasons (and a minus or two, depending upon what you are looking for): If you're interested, there is information in the first part of the book dealing more with the "head" aspects of yoga. If you are looking for poses only, simply skip past this part. (Interesting reading for those new to yoga...so even if you skip it for now, consider going back later). Many pictures in the book, which is good. However, I have the Kindle version, and even when I enlarge

them, they are workable but still a little smaller than I would have liked. I am not sure how they appear in a print book. Many poses are featured, all with great descriptions and pictures. Many of these are the "easier" poses, so if you are new to yoga or older (or both!) and in reasonably good health, you should have no problems getting started. There are some routines (salutations, etc.) near the end, and the author helpfully includes page numbers of the poses in each routine as well as a small picture reminder -- great ideas which are not always included in other books. There is also an Appendix explaining props you may need as well as potential substitutions (which you may have somewhere around the house). I was fortunate enough to purchase this book at a reduced Kindle price (\$1.99), and may not have considered it sight unseen for the normal price of \$9.99. However, after receiving this book, I heartily recommend it. The book is definitely worth the \$9.99 Kindle/ \$15.80 paperback price.

After years of yoga, I found I could no longer do the stretches without muscle & joint problems, so age has made me more agreeable to a softer approach. This book does it, with some meditation hints as well.

Lilias has been in our home (on VHS, PBS,) for a long long time. She is easy to watch and easy to learn from. She has the ability to get it across without talking down to you and making it do-able. So use it and get flexible and you will get stronger. She hasn't varied her message or her style and that tells you she is the real teacher and for 70+ years old we don't want a fad style jumpin and pumpin workout. This and the AM PM DVD are perfect. Try the 101 tape with four routines on it as well. It can change you for the better. ANS

Again - bad layout for Kindle. Buy the hardcopy.

A classic; especially good for older practitioners. Good pictures. Recommended

Lilias is a very real Person who not only is a true Yogi, but a professional with a very sincere and caring heart! She truly is the epitome of Yoga.

I learned yoga with Lilias on PBS - it is wonderful to have her on disc

This is one of the best yoga books I have ever read. The knowledge and insight I take from Lilias'

experience and expertise is invaluable to me as an ongoing student and teacher of yoga.

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