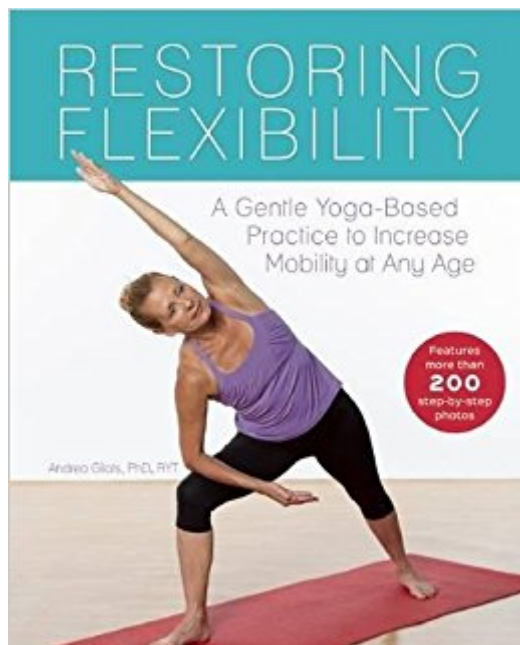




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# Restoring Flexibility: A Gentle Yoga-Based Practice To Increase Mobility At Any Age



## Synopsis

A FULLY ILLUSTRATED, STEP-BY-STEP PROGRAM THAT IMPROVES THE MOBILITY OF SENIORS AND PROMOTES LONG-TERM HEALTH No matter what age you begin doing yoga, it will help you steadily renew your physical abilities. Done over four weeks, this 25-minute, twice-weekly program features gentle poses, practice sequences and techniques to help you: Improve your posture Increase spinal flexibility Release tightness in your shoulders Relax the muscles in your torso Expand mobility in your hip joints Reduce the chances of falling This book's safe, age-appropriate, customizable approach to yoga-based exercise is specifically designed to restore your flexibility, mobility, and agility while ensuring a longer life and more independent lifestyle. As this flexibility practice becomes a regular habit, you'll feel more energetic and enjoy moving freely. Your favorite physical activity, like walking, golf and even dancing, will once again become a personal pleasure.

## Book Information

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## Customer Reviews

Andrea Gilats, Ph.D., R.Y.T., is a certified yoga teacher, writer, and nationally recognized expert on later-life learning who spent three decades as an award-winning educational leader at the University of Minnesota. Through Third Age Yoga, her community-based teaching practice, she has worked with hundreds of vital people in their 50s, 60s, 70s, and beyond who seek a body-sensitive, age-appropriate approach to yoga. Her Third Age Yoga videos have been viewed over 20,000 times on YouTube, and she offers helpful tidbits about yoga, exercise, and aging well on her Third Age Yoga Facebook page.

I've been working hard getting back into shape with a gym 3 days a week and personal trainer twice a week. One of the things we both realized I needed was to get more movement and flexibility with my bodies - it was really deterring me from doing some basic moves - like military style wall sit. My PT and I decided to integrate some yoga moves into my workouts, but also my every day lifestyle. She ordered this book for me so that I could have some basic guidelines when I am at home trying to work it out. What a great book! I was very nervous about implementing new moves but this book was so easy to read and understand - it was a great motivator too. I really appreciated the style of the book - showing photos and letting the reader know what was right and what was wrong. I now look forward to the 20-30 minutes a day I try to integrate yoga into my life. GREAT BOOK, especially for anyone too nervous to go to yoga without knowing the moves. This is a great book

I recently bought this book for my aging mother after her and I talked about her hurting/aging joints and muscles. I was hoping to find something geared towards the older person, but at the same time was an effective restorative workout. This book did not disappoint! It goes into detail regarding how to use the book, and caters towards people with limited flexibility, outlining such things as how to get up and down. There are different sections for each area of the body including spine, toes, legs, etc. and each pose/sequence is clearly illustrated and described. My mother particularly liked the sequence for restoring hip flexibility, and after only a few days of doing this 'gentle yoga' can feel improvements. As an added bonus the book also includes an entire 'four-week program' designed to help with flexibility in all areas. I know my mom is excited to dive in, and while four weeks seems a little optimistic, I think she will definitely begin to feel better.

When I picked up Restoring Flexibility, I knew it would be right up my alley. I've danced for a number of years and that has fallen by the wayside. I can definitely see that I've lost a good amount of flexibility. The way the author, Andrea Gilats wrote about her experience, I knew this would be a good book to get me on track. Not only for me, but possibly for my mother who doesn't exercise very much at all. Gilats talks about starting yoga at 62 years of age and battling Crohn's disease. If an older woman with physical ailments can use yoga to get back on track, then it's a good chance it can work for just about anyone. 25 minutes, twice a week. That's all it takes to improve flexibility and in turn, agility. I'm only 30 and not nearly active enough. My worry is for the future as I begin to age and lose mobility. Gilats lets the reader know it's not too late. What happens to our bodies as we get older is 30% inheritance, 70% lifestyle. This book is the most comprehensive step-by-step yoga

guide I've ever read. There are pictures to give the reader a better grasp on how to tackle poses. Nothing seems hard and they aren't supposed to be. This is about flexibility. If you want to get more advanced, work on that after you gain the flexibility. With a little time commitment and the included charts (One can break the day into mini-sessions: Morning, Midday, Evening and go-anywhere), there is no reason why one wouldn't be able to succeed. There is even a section that shows step by step how to get down into yoga positions without hurting oneself. You are set with this book.

This book delves into the use of yoga as a means of regaining flexibility. The first four or so chapters are dedicated to deciding if yoga is right for you, why you should choose to use yoga for regaining flexibility and in some ways in form of a workout and how to get started from deciding a routine to gathering the supplies. The book also brings several different poses to restore upper body and lower body flexibility, spinal centering, and centering your breath. Each of the poses is accompanied with photos of how to complete the poses and an explanation of each pose. However, what I found to be the most useful is the last part of the book which centers on how to make yoga a routine and a part of your daily life.

I bought this book for my dad who has recently begun to take up yoga. I read through this book myself because the fact is- I am also incredibly inflexible, without the excuse of age! I found this book extremely useful for both my dad and I, across our ages. The book focuses on gentle yoga, which is perfect for my dad and his level. The book provides step by step information on poses and stretches, with pictures to accompany them. This is so helpful, as it makes it that much easier to follow along. This book is easy to understand but never condescending or coddling- the tone is perfect, and I really appreciate that. The book also provides sequences to practice. I really recommend this book for anyone trying to achieve more flexibility, especially to those in their midlife.

Best book ever. So many exercise programs and books are written for persons much younger than myself. As a 70 year old, this book was just what I was looking for. Maintaining flexibility is so very important for seniors, "Restoring Flexibility," does just that and more. It makes you feel younger, and restores your confidence, strength, and ability to move... It allows you to do things that you thought you would never be able to do again - we can restore our flexibility! You will not be disappointed in this book...

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