



# **Yoga for the Young at Heart: Gentle Stretching Exercises for Seniors**

*Susan Winter Ward*

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A valuable introduction to yoga for Seniors. This guide book, the first of its kind, is designed specifically for Seniors and offers inspiration and instruction to promote a healthier life. Specific instruction for 32 poses along with their benefits and an inspirational quote for each are accompanied by explanations of breathing and other yoga basics.



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