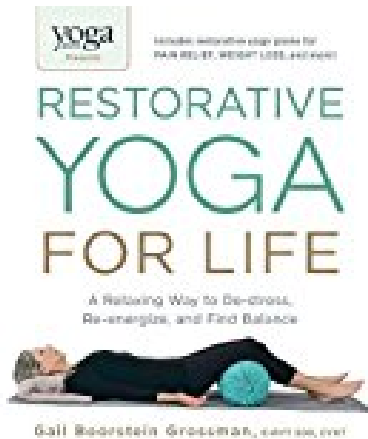


# Yoga Journal Presents Restorative Yoga for Life A Relaxing Way to De- stress Re-energize and Find Balance

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## BOOK DETAILS

- Author : Gail Boorstein Grossman
- Pages : 256 Pages
- Publisher : Adams Media
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## **BOOK SYNOPSIS**

Restorative yoga poses for healing your mind and body! Written by instructor Gail Boorstein Grossman, E-RYT 500, CYKT, and published in partnership with Yoga Journal, Restorative Yoga for Life teaches you how to practice restorative yoga--a form of yoga that focuses on physical and mental relaxation through poses aided by props. Its a gentle yet empowering style that helps you de-stress and re-energize. While restorative yoga is beneficial for your entire body, Gail also shows you how to treat more than twenty ailments, such as headaches, digestive issues, and anxiety, through specific yoga poses and sequences. Guided by step-by-step instructions and beautiful photographs, you will gently ease your way into inner calm and better health with powerful yoga sequences. Whether youre having trouble sleeping, suffering from backaches, or just want to unwind after a busy day, you will find balance throughout your body, soul, and mind with Restorative Yoga for Life.

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