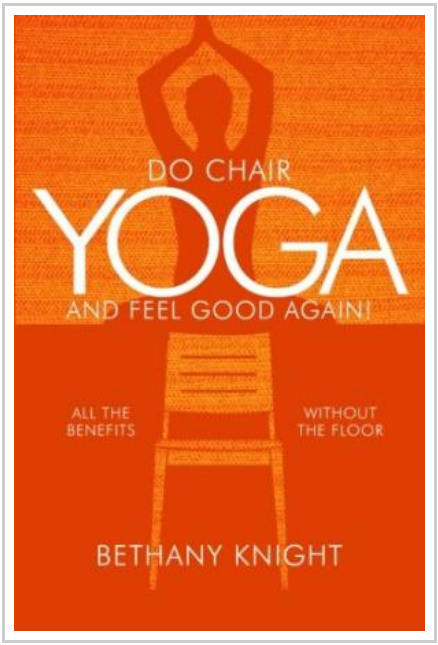


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Do Chair Yoga and Feel Good Again: All the Benefits Without the Floor

By Bethany Greeley Knight

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.An easy to read introduction to the healing practices of Chair Yoga, this illustrated book describes poses, breathing and meditation techniques for whatever ails you. From migraines to addiction, indigestion, constipation, depression, anxiety, insomnia, obesity, chronic pain and more, DO CHAIR YOGA AND FEEL GOOD AGAIN describes how to listen to your body, your best friend, and heal yourself. Author Bethany Knight won a trip to India in 1970, and fell in love with yoga and meditation that summer. Certified as a Yoga Siromani in the Sivananda tradition, she teaches gentle yoga around the world, wherever two or more are gathered, including: prison, gardens, schools, nursing homes, adult day centers, camps, CEO roundtables and churches. quot;Yoga is my way of life and ministry,quot; Bethany says. quot;I consider Swami Sivananda s directive, to serve the propagation of yoga, my Holy Orders.quot; To her grandsons and students, this agile Baby Boomer is known as, quot;Yogi.quot; Chapters cover the mind body relationship, the breath as natural tranquilizer, how to avoid digging your grave with your teeth, leaving constipation...

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