

Sitting TM Fit



Four Easy
Seated
Yoga Classes
with

**Susan
Winter Ward**

*Native American
flute music
by Jesse Kalu
and Alexander*

YOGA for the
YOUNG
HEART TM

Sitting Fit Yoga Bits

Roman Wölfel



Sitting Fit Yoga Bits:

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Yoga for the Young at Heart Susan Winter Ward,2002 This book presents a series of yoga poses for all levels of ability including beginners of all ages The basic series can be expanded with suggested alternative poses offering challenges for the more experienced yoga student The book included sections on seated yoga for office travel and the physically challenged yoga for menopause and restorative poses

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