

# 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<sup>TM</sup>*

# Sitting Fit Yoga Bits

**ML Morrison**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **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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