

# Sitting Fit

TM

Four Easy  
Seated  
Yoga Classes  
with

Susan  
Winter Ward

*Native American  
flute music  
by Jesse Kalu  
and Alexander*



YOGA for the  
YOUNG  
HEART™

# Sitting Fit Yoga Bits

**Guillaume Favre**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, 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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## **Sitting Fit Yoga Bits** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Sitting Fit Yoga Bits**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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