



Yoga: Yoga for Men: Become a Mindful Warrior. Core Strength, Flexibility, Mindfulness

By Cole Campbell

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Mention the word yoga and your head will probably be full of images of women in yoga pants, bending into seemingly impossible positions. The idea of men partaking in a yoga class may seem ridiculous but it is actually more common than you think! Upgraded 2nd Edition It is possible, with practice, for any man to complete all the yoga positions. Yoga will help you to become more flexible, increase the definition of your muscles and improve your balance. In addition to the range of physical benefits it can also improve your mental health. Those who practice yoga regularly can decrease their chances of a wide variety of chronic illnesses and improve their general health. This book will provide you with a brief history of yoga and how it originated as a series of exercises which were performed by warriors to ensure they were always ready for battle. There are many reasons for you to consider taking up yoga and these are explored in this book along with the best places and times to practice...



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