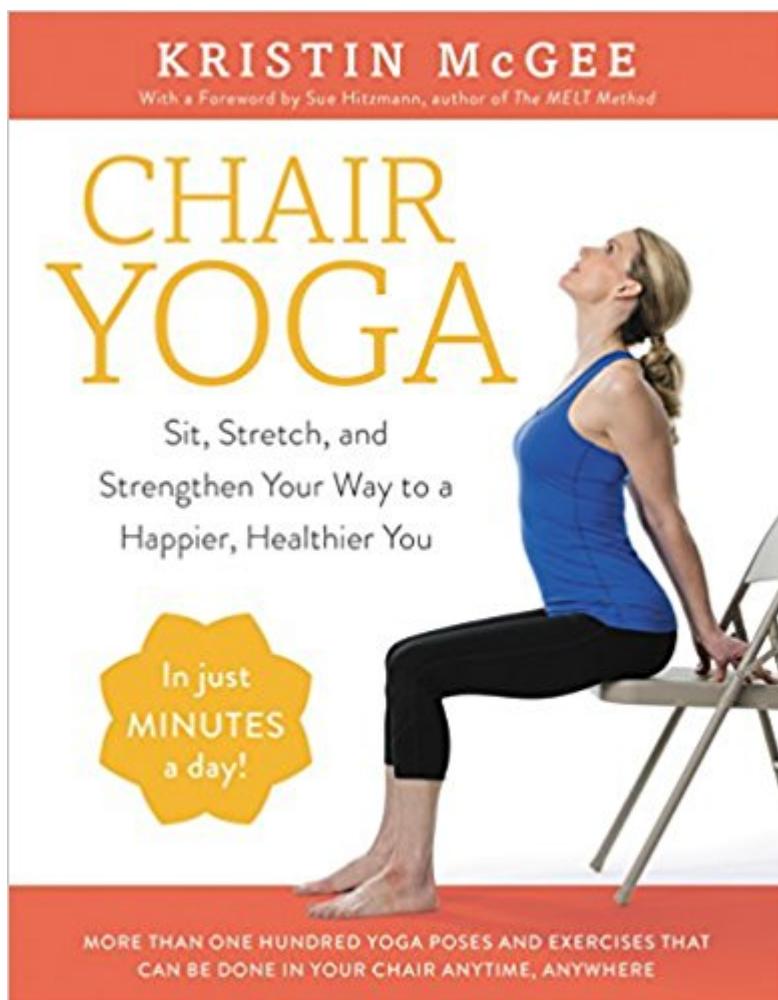


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# Chair Yoga: Sit, Stretch, And Strengthen Your Way To A Happier, Healthier You



## Synopsis

From celebrity yoga instructor Kristin McGee comes this fun, accessible guide to 100 yoga poses and exercises that can be done in your chair and take just minutes a day. For the majority of Americans living a sedentary lifestyle (from the card-carrying couch potatoes to the 86% of American workers who sit all day at their job) comes a comprehensive guide to the most accessible form of yoga—Chair yoga! - Desk-bound? You can do chair yoga!- Have limited range of motion? You can do chair yoga!- Never done yoga before? You can do chair yoga!- Don't own a pair of stretchy pants? You can do chair yoga!- Own plenty of athleisure or loungewear, but haven't moved much in weeks/months/years? You can do chair yoga!Chair yoga is exactly what it sounds like: exercises you can do sitting down. In Chair Yoga, celebrity yoga instructor Kristin McGee takes you through 100 yoga poses and exercises that are easy enough for all levels and will help readers stay active, alert, and healthy. Divided into chapters organized by body part (say goodbye to back pain and hello to better posture), each exercise includes step-by-step instructions and easy-to-follow photos. Plus, bonus chapters on 5-, 10-, and 15-minute routines help readers put it all together and find the time to perform these exercises. Now with Chair Yoga, anyone can benefit from just a few moves a day—and garner the remarkable physical and mental health rewards.Kristin's classes strike a perfect balance of effort and letting go, seriousness and lightheartedness, movement and stillness. She is among the best teachers in the city and I consider myself lucky to be among her students. •Ellie Krieger

## Book Information

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## Customer Reviews

Chair yoga is exactly what it sounds like: exercises you can do sitting down. With this accessible form of yoga, celebrity fitness instructor Kristin McGee takes you through one hundred yoga poses that are easy enough for all ages and levels and will help readers stay active, alert, and healthy. Say good-bye to back pain and hello to better posture with these step-by-step instructions and easy-to-follow photos for exercises that work every part of the body from head to toe. Each chapter targets specific muscle groups, plus there are efficient five- and ten-minute routines to help put it all together. A few simple chair yoga moves a day will activate the body and focus the mind for remarkable physical and mental health rewards.

Kristin McGee is a nationally recognized yoga and Pilates teacher, celebrity trainer, and the host and star of more than a hundred fitness DVDs. Kristin has appeared on Good Morning America, Good Day New York, The Tyra Banks Show, Today, and the Home Shopping Network as a fitness consultant. She is also a contributing editor for Health magazine. Her clients have included celebrities such as Steve Martin, Tina Fey, LeAnn Rimes, Ben and Christine Stiller, Bethenny Frankel, and Savannah Guthrie. She lives in New York.

none

This really is a good book and am working at it...would for sure buy again!

Informative book and an awesome addition to your yoga library. I would highly recommend both the book and the seller. The book arrived on promised delivery date and was packaged nicely.

What I expected :)

I love it!

Supported what I have in class

Good~!!

Really good book, VERY helpful, Great photo's.....I am 70 and do chair Yoga on a regular basis with

a group, this gives me a little more incentive to also do some at home

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