



Gardener's Yoga: 40 Yoga Poses to Help Your Garden Flow

Veronica D'Orazio

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Here are 40 yoga poses specifically designed for gardeners' bodies and spirits to stretch, relax, and grow through the seasons. With the right sequence of yoga poses, a gardener's body can bend with the wind and stretch to the sky to alleviate the aches that come from all that digging, pulling, and carrying. In this beautifully illustrated book, yoga poses are divided into seasonal sequences--or flows--each addressing the gardener's body, the state of the garden, and the natural world. The practice of yoga aligns perfectly with gardening in its motions, metaphors, and calming effects.

From the Trade Paperback edition.

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Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or all their friends. Usually they undertaking activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the publication untitled Gardener's Yoga: 40 Yoga Poses to Help Your Garden Flow can be excellent book to read. May be it is usually best activity to you.

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