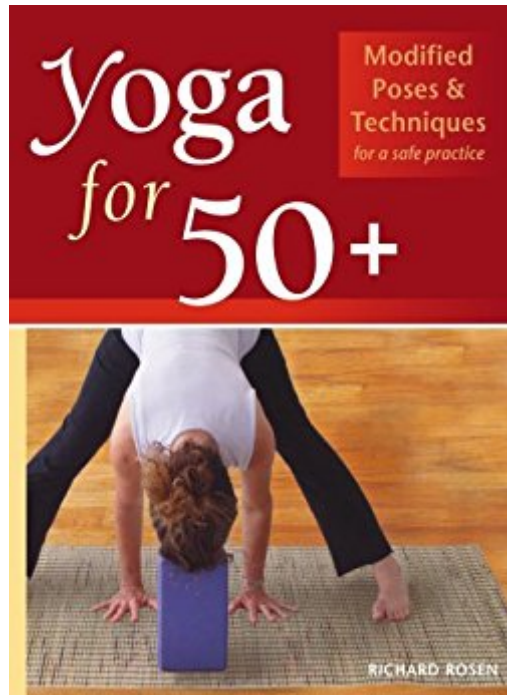


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# Yoga For 50+: Modified Poses And Techniques For A Safe Practice



## Synopsis

As baby boomers pass age 50, problems with knees, ankles, and backs are leading them into lower-impact forms of fitness. The stress of career and later-in-life children also have them seeking new ways to relax. Combine these pressures and it is no surprise that yoga is increasing in popularity among the 50-plus crowd. Tailored specifically for this burgeoning population, 50+ Yoga offers a straightforward approach that makes it easy to learn yoga at any age. The book's adaptable program allows readers in good shape to experience a challenging workout, while people with physical limitations benefit from gentler postures, breathing exercises, and meditation practices. Throughout the book, the author focuses on the needs of older beginning students, providing tips for moving comfortably into a pose, avoiding injury, and using helpful props, such as chairs, foam blocks, and cotton straps. The author details the basic principles of yoga and teaches the common elements of all postures and movements: alignment, breath, and awareness. However, the vast majority of the book is devoted to teaching the yoga poses through the use of step-by-step photos, clearly written instructions, and helpful hints from the author.

## Book Information

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## Customer Reviews

I suppose it's my fault, what I really needed was 'yoga for 70+' to help me with the Gentle Yoga class I teach. This book doesn't really address the age-related concerns I run into with my older students, like how to work around hip replacements and osteoporosis, what to substitute for inversions when a student has glaucoma, etc. But, like I said, my students are well over age 50 (I'm nearly 50 myself) so it's my fault for expecting too much. The poses and prop variations it teaches are what I use in all my classes for less-flexible students of all ages. From that perspective, though, it's a fine book with clear instruction & illustration.

I borrowed this book from my public library. I recommend doing this in order to preview it before purchase. I am 69 yrs old and very interested in doing yoga again (I enjoyed yoga 30 years ago when my kids were small, and I'm now sorry I didn't continue practicing). However, I've lost much flexibility, having spent many years at an office job working on a computer, sitting all day. I previewed this book specifically because of the title (50+), and the fact that the author seems to be very knowledgeable. But, after previewing, it's going back to the library. Many of the asanas (poses) are too advanced for me. For an alternative, I highly recommend Lili Folan's "Lili! Yoga Gets Better with Age, or Peggy Cappy's Yoga for All of Us: A Modified Series of Traditional Poses for Any Age and Ability. Peggy's book shows modifications using a chair. Best bet is to see if your public library has any of these books before you spend \$\$\$ on it!

I can honestly say I'm very disappointed with this book. I expected to actually learn more about about poses (especially for the elderly) As a yoga instructor myself I found this book to be horrible I would never recommend it for a beginner. Yes, the poses are for beginners but what the book fails to do is explain these poses, and what prep poses to do. Not once did the book mention the four points of contact on the foot to help with balance it fails to remind the reader to make sure there archs are not collapsing, it lacks telling readers about the common mistakes that are done in certain poses. I would not recommend it if you are a beginner or a yoga instructor, searching for modifications.

For a 58 year old woman who takes Yoga classes with much younger people, this is a wonderful book that gives me alternative moves and use of props for this older body.

This modest looking book by Richard Rosen, a master yogi over 50, offers lots of practical tips for older beginners and their teachers. I especially recommend this book to younger yogis who are

looking for ways to teach yoga safely to their parents and grandparents. Add this book to your yoga library to keep the yoga fire stoked over the long haul!--Suza Francina, author, *The New Yoga for People Over 50* and *Yoga and the Wisdom of Menopause*.

Though my Teacher Training is for the practice of VINYASA my training was more for those who are physically capable, it wasn't broken down for those just starting out or those who are limited and suchâ | Thanks to my own injuries, this book allowed me to do a slower practice breaking asanas down and use of props.. This is a great book to teach us to modify and still be able to do yoga. For anyone, you don't have to be 50, but then again I know many 50 year olds who are more than capable to practice in advance sequences without modifications due to YOGAâ |.

My husband and I were looking for a simple beginners program. It is ridiculous. One of the suggested poses is a woman upside down leaning against a chair. We tried reading it and it is so bad. It's only suggestion is to read it and find a good yoga instructor. We live 36 miles from the nearest city, so this is out of the question. I wish I had never ordered it.

Excellent yoga stretching poses and techinques for someone starting out or want to maintain a yoga regimen at home. Great photos exhibiting the poses and how to do them. I highly recommend the book for anyone trying to include yoga streching exercises into their exercise routine or as a enhancer to a yoga class.

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