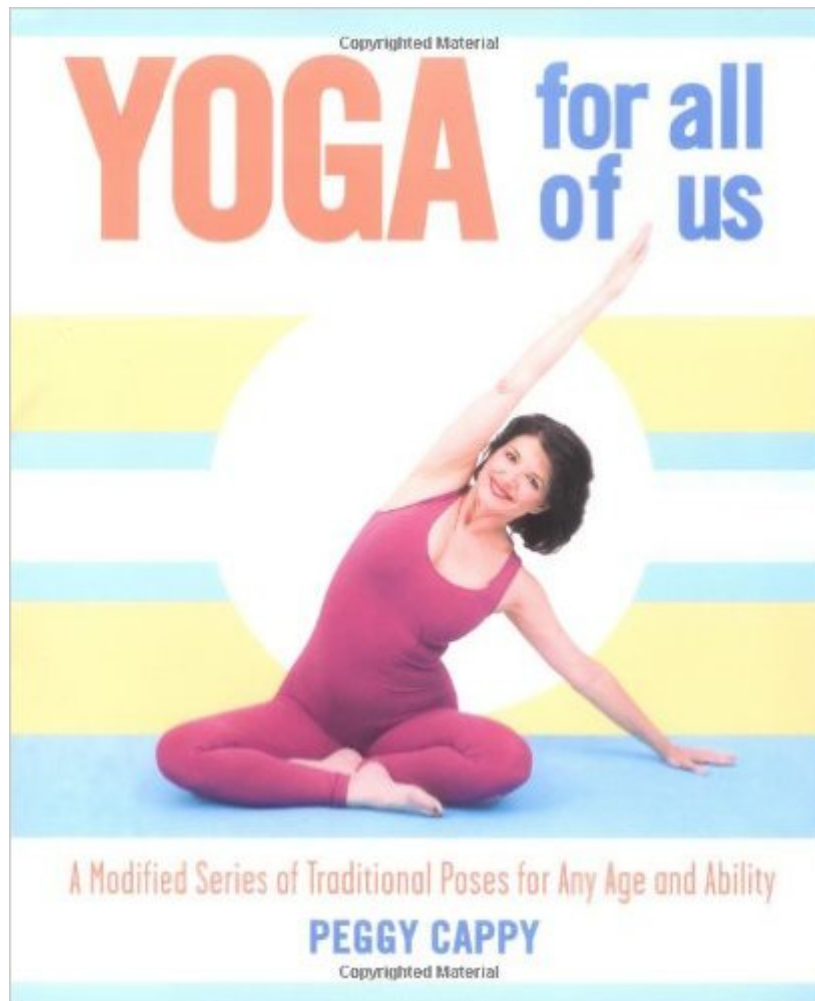


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# Yoga For All Of Us: A Modified Series Of Traditional Poses For Any Age And Ability



## Synopsis

At last, a yoga program anyone can do! An accessible guide to gentle yoga stretches, based on the popular video and PBS television program of the same name. You can enjoy the benefits of yoga â “ whatever your age, ability, or level of activity, even if you have never been able to participate in traditional yoga classes. This accessible guide to gentle yoga stretches and poses will help ease you into the world of this beneficial exercise. Experienced yoga instructor Peggy Cappy will help you gain energy, flexibility, and focus, through modified poses that will help strengthen and stretch your muscles and bring you peace of mind."Peggy Cappy makes it clear that you are never 'too old', 'too overweight' or 'too out of shape' to do yoga. Thank you, Peggy for sharing your love of yoga with all of us!" - Suza Francina, yoga teacher and author of The New Yoga for People over 50

## Book Information

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## Customer Reviews

I had the pleasure of meeting Peggy Cappy at a women's yoga retreat a few years ago. I wish there were many more teachers like Peggy who understand the needs of people of all ages. Peggy's students range in age from forty to one-hundred. It is refreshing to open her new book and see examples of her students demonstrating that yoga is, indeed, possible for all of us. She makes it clear that you are never "too old", "too over-weight" or "too out of shape" to do yoga. On the contrary--YOU are the very person who can benefit from yoga the most!Peggy Cappy's safe and gentle approach allows any one of any age and ability to reap yoga's practical benefits in daily life. She presents easier versions of poses for those with physical limitations in a way that builds confidence and encourages you to practice on your own. Thank you Peggy for sharing your love of

yoga with all of us!--Suza Francina RYT, author, The New Yoga for People Over 50 and The New Yoga for Healthy Aging.

I found Peggy's book to be very reader friendly. Her instructions were clear and the photos were very helpful. One could pick up this book, follow along and feel successful. She wrote a book for "all the rest of us" who perhaps feel that yoga is only for someone else. You can read this book and know that yoga is for you too! She invites you to try it out and see for yourself.

WOW! We don't all have to be skinny models to practice this wonderful method of stretching and exercise. Great book. Easy to understand and Use.

When I first started teaching yoga, I was not prepared for the number of folks that would come to class who just weren't able to move in certain ways either due to illness, injury or plain old stiffness. Peggy's book gave me all sorts of valuable tools to use with students and I incorporate them into all of my classes. Peggy has made yoga accessible to everyone no matter what type of body they bring to class. This is what "real" yoga is all about. Thanks so much Peggy! Gayle Poapst, E-RYT

I am resuming yoga practice, after many years. I needed to find a fitness regime to keep active, healthy and fit; but not kill myself off. So..I began researching yoga on the internet. Most of the yoga dvds and books are for people who can put themselves into pretzel knots and at 58, doing housecleaning and driving a bus, I was too stiff and knotted up to do the 'usual' yoga. So, I began researching 'senior' yoga; and that's when I found Peggy Cappy's book and her yoga dvds (geared for people like me)..I got the book and several of her dvd's in the mail today and these I CAN DO..I already recommend the book and her dvds..

I have been learning alot from some videos that I have, but always like having a good book or two to refer to from time-to-time. Peggy hits this one perfectly in presenting yoga poses and how to do them in an easy to understand and approachable manner. Picking up this book is one way to help you do yoga if you thought you never could. Enjoy.

I teach yoga students with a wide range of abilities. Some are able to do most poses, but many have back problems or other physical limitations. I want to make sure that everyone is able to participate in the full class. So I've turned to Peggy's book to help me create classes where everyone

can participate fully. I've also incorporated modifications from several of Peggy's DVDs into my classes. Everyone can do Sun Salutations - either in the traditional manner or with Peggy's modifications. Several of my students have purchased Yoga for the Rest of Us - Back Care Basics and use it to alleviate back problems

As a yoga teacher who works with senior citizens, I turn to Peggy's book and her DVD's for help all the time. In addition, I have used her as a resource in my Occupational Therapy practice. Her explanations are clear and her adaptations for people with diverse needs are helpful. She has shown us that every one can do sun salutations. I appreciate the visuals she uses to show us how to do the poses. She shows us though we are of all shapes, sizes and ages, we all can do yoga! Peggy Gardiner, RYT, MS OTR/L (Chair Yoga Teacher and Occupational Therapy Professional)

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