



Yoga for Hikers: Stretch, Strengthen, and Climb Higher (Paperback)

By Nicole Tsong

DOWNLOAD



Mountaineers Books, United States, 2016. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Yoga for Hikers will show you how to create a yoga practice at home that will keep you healthy, prevent injuries, and support and improve your outdoor passions. These guides feature easy-to-understand yoga poses and sequences designed to address the specific stresses that hiking enacts on the body. Through a simple and accessible approach to physical poses and breathing practices, hikers learn ways to strengthen their core, stabilize their joints, and gain overall balance. Yoga can help hikers combat the repetitive pounding of feet on hard trail, the occasional ankle twist caused by a misstep on a root, knee strain from descending hundreds of feet, or neck and shoulder stiffness that develops from carrying a pack. The practices detailed in Yoga for Hikers are designed to help athletes of all levels better connect to their bodies and, through attention to breath, feel more at ease in our sports, no matter how challenging the route. On your mats, you ll learn to release stress and anxiety and experience a deeper sense of calm, peace, and wonder that will translate to the trail.



READ ONLINE
[1.09 MB]

Reviews

The ideal ebook i possibly study. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Ava Witting

The ideal ebook i possibly study. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Ava Witting

Related eBooks



Dude, That s Rude!: (Get Some Manners) (Paperback)

Free Spirit Publishing Inc.,U.S., United States, 2007. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Kids today need manners more than ever, and Dude, That s Rude! makes it fun and easy to get some. Full-color...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home (Paperback)

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...



400+ Funny Jokes: Funny Jokes for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.400+ Funny Jokes for Kids!Are you looking for a fun book to keep the kids entertained and happy? This funny...