



## 30-Minute Yoga: For Better Balance and Strength in Your Life

By Viveka Blom Nygren

Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, 30-Minute Yoga: For Better Balance and Strength in Your Life, Viveka Blom Nygren, Now you can find time to enjoy the benefits of yoga in your own home. In "30-Minute Yoga," certified yoga instructor Viveka Blom Nygren demonstrates how to do a half-hour Ashtanga Vinyasa yoga session in your own home so that you can achieve focus and calm on a more regular basis. With full-color photographs of yoga positions to help guide you through your home workout, Nygren explains what it means to practice yoga and how to breathe correctly, then walks readers through various yoga movements basic positions, forward bends, relaxation poses and closes with an exploration of how to make your yoga practice truly individual for you, through mantras and meditation. If you are new to yoga, beginner modifications are provided to help you attain a successful workout. If you are more advanced, use "30-Minute Yoga" as a supplement to your full yoga sessions."



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