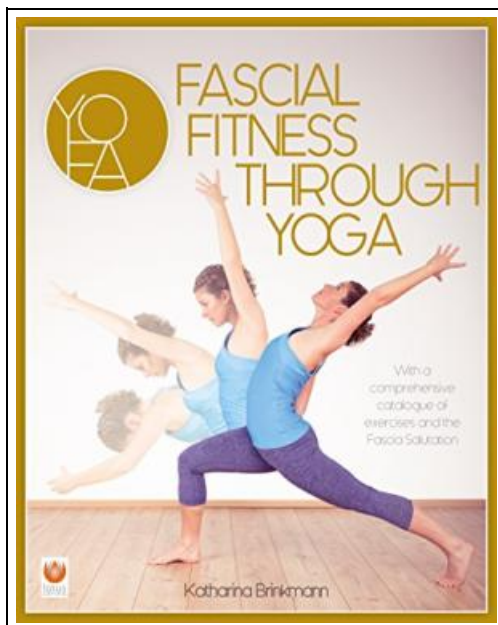


Fascial Fitness through Yoga (Paperback)



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Reviews

It is one of my personal favorite ebooks. It is probably the most awesome publication I have read through. You won't really feel monotony at anytime of the time (that's what catalogs are for regarding in the event you check with me).

(Juliet Kertzmann)

FASCIAL FITNESS THROUGH YOGA (PAPERBACK)



Lotus Publishing, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. This book is an innovative combination of two major fitness trends - yoga and fascia training. If you want to live a healthy, mobile and pain-free life, it is essential that you take good care of your fascia. If not, it will become matted and stick together; as you age and as a result of repetitive one-sided stressors you ll become immobile and stiff. Yoga is an ideal form of fascia training, and renowned author and sports therapist Katharina Brinkmann has provided a dynamic, invigorating approach to it. The exercises in this book help to strengthen and stabilise the core, which is a central element in yoga. This improves posture and eliminates back pain. This fully illustrated book contains a comprehensive catalogue of exercises and a sun salutation specially adapted for the fascia - the fascia salutation. Fascial Fitness Through Yoga is the ideal companion for anyone who wants to practice yoga and also stay supple, mobile and pain-free throughout their life. Katharina Brinkmann is the founder of YOU Personal Training. In addition to being a yoga instructor and personal trainer, she is also a sports therapist. Amongst other things, her work focuses on fascia and mobility training, which she successfully combines in this book.



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