



15-Minute Yoga: Health, Well-Being, and Happiness Through Daily Practice

By Norberg, Ulrica. Biedny, Diana Katarzyna, Translator. Lundberg, Andreas, Photographer.

Skyhorse. 1 Cloth(s), 2015. hard. Book Condition: New. A renowned yoga instructor in Sweden and the author of Power Yoga and Hatha Yoga, Ulrica Norberg posits that by integrating just 15 minutes of yoga into your daily schedule, you can achieve balance and peace throughout the day. The foundation of all yoga is breathing exercises, body positions that both strengthen and soften, and visualization exercises, she explains, and in this guide illustrated with step-by-step color photos on almost every page she offers various routines of poses and focus sessions for a rewarding daily yoga practice. Norberg also provides options for advanced variations, depending on your experience level, and tips on how to combine poses to create your own 15-minute program. 96.



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