



Exercise in Action: Yoga

Betsy Kase

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It doesn't matter if you're an expert yogi or if you're more like Yogi Bear, yoga is a practice that even the masters are always improving upon. And we can help your practice by helping you to increase flexibility, strengthen your core, improve balance, and gain a better sense of mindfulness during your poses — all of which are the key to maintaining good physical health. The good news is you don't have to join an expensive studio: you can do it within the comfort of your own home. It can be difficult to know which poses to do for different parts of the body or to achieve different things, without the expertise of a professional instructor. In *Exercise in Action: Yoga*, fitness expert Betsy Kase shows everyone how to improve — or even begin — their yoga practice and how to prevent injury while doing so.

- Gain a whole new awareness of your body and how to increase its performance.
- Learn how to get a full-body yoga workout without leaving your home.

Exercise in Action: Yoga provides you with everything you need to get started with your yoga practice without leaving the comfort of your own home.

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