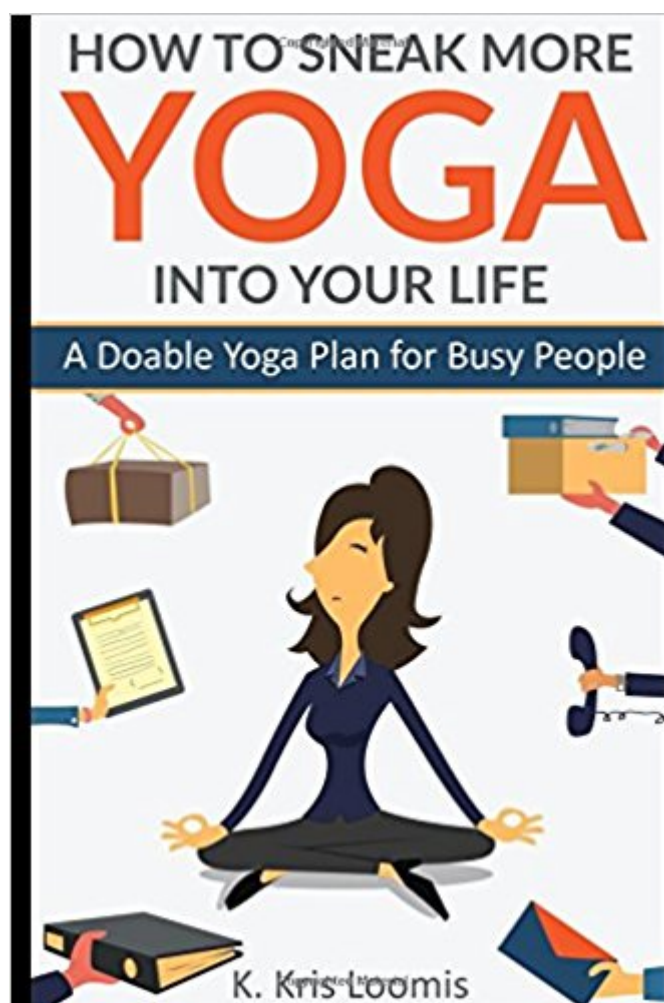


The book was found

How To Sneak More Yoga Into Your Life: A Doable Yoga Plan For Busy People (Yoga For Busy People)



Synopsis

Too busy for yoga? Think again! This book is for anyone who wants more yoga in his or her life but just can't seem to find the time. Don't worry. You'll soon see how easy it is to sneak a little yoga in! Are you a yoga newbie? This book will give you a simple and doable yoga plan to follow as you begin your yoga journey. You will learn to make your yoga count, minute by minute, without having to rearrange your day. Experienced practitioner? This book will encourage you to incorporate yoga into your life away from the mat and embrace your "beginner's mind."

• Got a minute? Make that minute count with yoga! This book covers:

- How to find time to practice yoga without having to change anything in your current schedule
- How to easily identify useful "triggers" and "empty zones"
- How to figure out WHAT posture to practice, WHEN to practice it, and HOW to practice it
- How to eliminate excuses
- How to bust stress with your breath
- How to improve alertness if you have a desk job
- How to improve your balance
- How to release tension in your hips and lower back
- How to tone and strengthen your legs while improving your posture
- Over 20 yoga exercises
- And much more!

This book encourages you to stop talking about yoga and to start DOING yoga instead. What are you waiting for? This book gives you all the tools you need to "sneak" a little yoga in today! Pick up your copy today by clicking the BUY NOW button at the top of this page.

K. Kris Loomis is also the author of the companion book in the Yoga for Busy People Series, *How to Sneak More Meditation Into Your Life: A Doable Meditation Plan for Busy People*, as well as the humorous travel memoir *Thirty Days In Quito: Two Gringos and a Three-Legged Cat Move to Ecuador!* Kris also writes fiction. She focuses on adult parables and short stories in *The Monster In the Closet and other Stories*, a compilation of *The Park Stories*, *The Cafe Stories*, *The Funeral Home Stories*, *The Bus Stories*, and the *Bedroom Stories*, all available on . Get a FREE short story at www.kkrisloomis.com and follow Kris on Facebook, Twitter, and Pinterest @kkrisloomis!

Book Information

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Customer Reviews

This is such a needed book by a really awesome teacher. I've taken classes in Chicago and Santa Barbara, CA. There are lots of excellent instructors, but Kris is very good at assessing where her students are in their practices and helping them to achieve results that are appropriate for them. What a relief! The classes she teaches in Ecuador are exactly what beginners and more experienced students need. I'm 68 and wanted to stay in shape, be more flexible and enjoy the spiritual benefits of yoga. This book is a great reference tool for my path. Love it!

I loved this book! I found it great for showing me how to get some of the benefits of yoga while keeping to my busy schedule. It is very organized, well thought out and for those of us who took yoga long ago, there are very easy to follow descriptions of the poses and pictures to supplement. I highly recommend this book to all yoga lovers or beginners!!

I found this book very easy to read and the information in it equally easy to remember. Since reading this book, I find myself thinking about yoga during my daily activities and thinking about ways to improve during my yoga class. I think this is an excellent read for anyone practicing yoga and for those who are considering giving it a try for the first time.

Kris takes the mystery out of yoga and makes it available for everyone! Her clear, step-by-step approach allowed me to do certain poses that I had been struggling with. And the section on breathing was exactly what I needed to incorporate into my day to day life. Can't wait to read her book on meditation next!

I love the layout of this book. This is perfect for those who are already practicing and those looking to start a practice. It is concise with great examples of how to "sneak" yoga in in the most common places. It makes yoga more accessible to the masses .

I've practiced yoga for the past few years, and this is a great little book for two purposes. The book contains a number of introductory poses with pictures of each pose and descriptions of how to perform each pose. The poses are broken down into sections by type (sitting, standing, floor, etc.) so, if you have trouble getting on the floor, for example, you can just skip that section. The second thing this book does is give you ideas on how you can do a little bit of yoga wherever you are. For example, if you sit a lot, there are a number of examples of easy sitting poses you can do to take a moment and do a little stretching. While this won't give you the full benefits of a yoga practice, it will help you think more about taking small breaks and stretching as opposed to trying to find sixty minutes at a time. I was provided with a complimentary copy of this book, through Reading Deals, so I could give an honest review.

This book was inspired by the author's own frustrations of finding time to do yoga when she first started on her journey decades ago. It's filled with creative tips on how to squeeze more yoga into your daily life. For example, if you drop a pen near your feet, it's the perfect time to do a forward bend. Or when your kids are playing with toys, do bridge pose and they can pretend you are a bridge for their toy cars to go under! Some can be conveniently squeezed in during TV commercials. The book is divided into four sections: breathing techniques, standing postures, leg/balance postures, and seated postures. With the breathing techniques, the author suggests you appoint certain triggers (such as a phone ringing) to remind you throughout the day to practice certain breaths. I especially like the "ocean" or "Darth Vader" breath. I love that with all exercises, there are three sections: 1) why you should do it, which includes benefits, 2) how to do it, which includes detailed instructions, safety precautions, and illustrations (actually drawings done over photos of the author!) and 3) how to sneak this exercise into your daily life. This is the PERFECT book for someone starting to learn yoga. And despite having done yoga for decades myself, I also learned some things! It's an easy, fast, fun read. Susan Schenck, award-winning author of *The Live Food Factor* and several other books.

How to Sneak More Yoga Into Your Life is an accessible and interesting book that makes it easy to implement yoga into your daily life. From doing poses when you first wake up or before you put your pajamas on at night. These poses are modified to be attainable by most beginners and the author offers clear and helpful instructions. Breathing exercises were easy to follow, usually these are a hurdle for me. I really found it helpful to use the different occurrences in my day as a trigger to do a

pose. When the phone rings do a certain pose, or when I'm standing at the sink I hold a pose. I would recommend this book to anyone that wants to start yoga, but may be intimidated by taking a class or a more intense practice. I was provided a complimentary copy of this book so I could give an honest review.

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