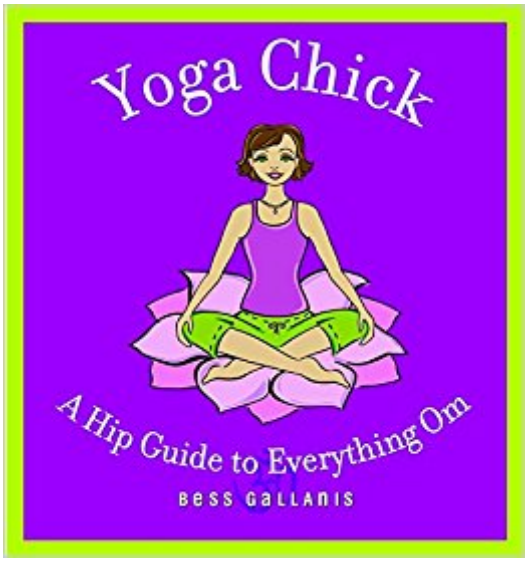
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Yoga Chick: A Hip Guide To Everything Om



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Synopsis

Welcome to Yoga Chick’s world, where girls on the go maintain their glow through a healthy and natural lifestyle! Yoga isn’t just about exercise, it’s a way of life. It’s the flow that’s created when mind, body, and spirit are working in three-part harmony. For both the blossoming beginner and the experienced yogini, Yoga Chick’s six fully illustrated yoga sequences are the first step toward building lean muscle and flexibility, improving core strength, increasing your energy and managing your mood. To maintain your glow, turn to Yoga Chick’s nutrition tips and tasty recipes, natural beauty treatments. Achieve balance with relaxation techniques, guides to aromatherapy, the healing power of gemstones. And learn to listen to the wisdom of your own voice through meditation and journaling. Whether you are stepping onto your mat or off the fast track, Yoga Chick is your guide to style, strength, and serenity!

Book Information

Paperback: 136 pages
Publisher: Grand Central Publishing (January 5, 2006)
Language: English
ISBN-10: 0446694320
ISBN-13: 978-0446694322
Product Dimensions: 7.5 x 0.3 x 9.2 inches
Shipping Weight: 8.5 ounces (View shipping rates and policies)
Average Customer Review: 4.8 out of 5 stars 10 customer reviews
Best Sellers Rank: #1,819,550 in Books (See Top 100 in Books) #69 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #3751 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #4165 inÃ Â Books > Health, Fitness & Dieting > Women’s Health > General

Customer Reviews

Bess Gallanis is a writer and contributor to YOGA CHICAGO. She has practiced yoga for more than a decade and studied with influential women. She has a yoga workshop which is often featured in the US media.

This is a great beginning yoga book. I tried beginning with videos first, but I found this book more helpful and much more encouraging. I have other books with more explanations and more poses, but I prefer this one for its simplicity.This book explains yoga basics. (And you only have to read that

part once, not try to fast forward on a video to skip it every time.) The explanation was better than any video that I have seen. Yoga is a practice, one that will vary according to your mood and energy each day. A video doesn't allow for those changes no matter how many times it tells you to go at your own pace. It's hard to pay attention to your inner self and focus on breathing, and feel your own poses while watching others on a video.That's the beauty of this book. It's simple, not overwhelming. It's easy to follow, and there is no required pace to keep up with. There's no setup time. Just begin. The only thing to listen to is your self or maybe some music you love.It changed my feelings towards yoga. Maybe I will decide to do 1 pose or 3 poses. Videos mostly require a minimum of 30 minutes of your time. This book lets me choose any amount of time I want, whether 2 minutes or 60. Sometimes, that will mean the difference in practicing or not.Quiet and alone with my yoga, I feel that my body belongs to me. It's a different experience than videos involving others.

Great gift for my tween niece starting her yoga practice!

This was such a cute and helpful book. My favorite part was poses you can do in bed then out of bed to get yourself going when you wake up. It was awesome!

I have been doing yoga and pilates for almost a year now. I have been fascinating with reading books on the subject of yoga in order to discover more about this art.Yoga Chick, A Hip Guide to Everything OM is absolutely perfect for anyone who is just discovering yoga and has questions.First off, the cover of this book really impressed me - I love the concept of thinking of myself as a yoga chick and the bright purple just felt inspiring and uplifting.The book starts off with a 101 primer of yoga. It briefly explains its beginnings and segways directly into the basics you will need in order to start doing your poses. In the Getting Started section, there are descriptions of some of the more basic poses (with a cute little drawing of the actual pose). I also really enjoyed the yoga poses that can be done directly on your bed - first thing in the morning if you are not in the mood to do a full practice at 5:00 am.There is a brief look at our various chakras - where they are situated and what they represent. There is also a section on meditation and journaling.Basically, this book really is a wealth of information for anyone who is just starting out. It is encouraging us to take charge of our health and to encompass healthier habits (including eating habits) with a more spiritual journey.I loved this book - well researched and covers off any and all subjects remotely related to yoga - it is a bible for those just starting out.

My neice and I LOVED this book. It gave us something to work on together besides arguing about the messy state of her bedroom and how often she gets to drive my car. Besides the poses, which were challenging and fun, we especially loved the section called "Going with the Yoga Flow." We didn't feel overwhelmed, which we sometimes have when looking at some other yoga books. Doing the practices is great "us" time.

This book is fun to read and fun to do -- and it's more than just yoga and breathing exercises. Great ideas here on everything from eating well to looking beautiful, at much more than the superficial level. This is a wonderful gift for any girl (or woman) who wants to have "style, strength and serenity."

I think this book is a great guide not only for young women to become involved with yoga and all the attributes that the activity can provide for self-esteem, fitness, and spiritual well-being, but also for older women to refresh their outlook on life and attain the same benefits. I am pregnant with my first baby, and daily yoga has helped rejuvinate my energy and maintain flexibility which is vital as the baby grows.

Short beginners book.

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