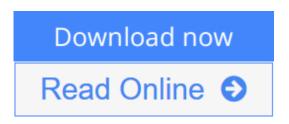


### Every Woman's Yoga: How to Incorporate Strength, Flexibility, and Balance into Your Life

By Jaime Stover Schmitt Ed.D. CMA



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Yoga truly is for every woman. Its therapeutic and healing powers are vast— its benefits range from strengthening and toning to stress and pain relief, from childbirth preparation to easing through the menopause transition. *Every Woman's Yoga* focuses on specific yoga practices that are most suitable for women. Whether you are already into yoga, or just getting started, this informative guide will help you nurture your mind, body, and soul. Come discover how yoga can: ·Help reduce signs of aging and decrease stress ·Relieve the discomfort of pregnancy, menstruation, and menopause ·Build strength and promote flexibility to support bone health ·Support recovery from breast cancer treatment ·Ease incontinence, digestion, and elimination ·Reduce fatigue and depression ·Promote inner beauty, build confidence, and manage weight

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#### **Editorial Review**

#### Review

"This practical guide, based on the time-honored wisdom of yoga philosophy, will inspire women to move toward wholeness, vitality, and balance in a gentle manner." — Pandit Rajmani Tigunait, Ph.D., spiritual head, Himalayan Institute

"Grounded in the most authentic teachings of yoga and happily avoiding the bells and whistles of 'brandname yogas,' this simple and elegant book will be a joy for the woman who works with it regularly." —

#### Rudolph Ballentine, M.D., author of Radical Healing

"With firm moorings in traditional yoga, *Every Woman's Yoga* encompasses many of the lofty principles of classical yoga while being extremely practical and useful to every woman." — Srivatsa Ramaswami, author of *Yoga for the Three Stages of Life* 

"From strengthening to relaxation to soul connection, Jaime has created a beautifully thorough book for all women at any stage of life." — Colette Crawford, R.N., director, Seattle Holistic Center

"*Every Woman's Yoga* is an excellent guidebook for women of all ages and cultures. Jaime Stover Schmitt has written a masterful work on the ancient, life-generating practice of yoga evoking the feminine spirit of healing and nurturance." — Swamini Mayatitananda (formerly Bri. Maya Tiwari), author of *The Path* of Practice

#### From the Inside Flap

Yoga truly is for every woman. Its therapeutic and healing powers are vast-- its benefits range from strengthening and toning to stress and pain relief, from childbirth preparation to easing through the menopause transition. "Every Woman's Yoga focuses on specific yoga practices that are most suitable for women. Whether you are already into yoga, or just getting started, this informative guide will help you nurture your mind, body, and soul.

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#### From the Back Cover

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#### Nicholas Schindler:

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