



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 'brand-name 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

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From reader reviews:

Ricky Burnham:

The book *Every Woman's Yoga: How to Incorporate Strength, Flexibility, and Balance into Your Life* can give more knowledge and also the precise product information about everything you want. So why must we leave the good thing like a book *Every Woman's Yoga: How to Incorporate Strength, Flexibility, and Balance into Your Life*? A few of you have a different opinion about book. But one aim that book can give many details for us. It is absolutely correct. Right now, try to closer together with your book. Knowledge or facts that you take for that, you are able to give for each other; you may share all of these. Book *Every Woman's Yoga: How to Incorporate Strength, Flexibility, and Balance into Your Life* has simple shape but you know: it has great and massive function for you. You can look the enormous world by open up and read a guide. So it is very wonderful.

Francis Pilkington:

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Nicholas Schindler:

This *Every Woman's Yoga: How to Incorporate Strength, Flexibility, and Balance into Your Life* is brand new way for you who has curiosity to look for some information since it relief your hunger of knowledge. Getting deeper you onto it getting knowledge more you know otherwise you who still having bit of digest in reading this *Every Woman's Yoga: How to Incorporate Strength, Flexibility, and Balance into Your Life* can be the light food for you personally because the information inside this kind of book is easy to get by means of anyone. These books acquire itself in the form which is reachable by anyone, yep I mean in the e-book form. People who think that in reserve form make them feel sleepy even dizzy this book is the answer. So there is no in reading a publication especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss this! Just read this e-book kind for your better life along with knowledge.

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