



Yoga in an Muskoka Chair

Carol Sherman, Susan Feathers

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If you're sitting in your chair on the deck or dock, you're probably already in a relaxed frame of mind. But did you realize that you're only a short stretch from nirvana? This engaging little book guides you in the ancient art of yoga from the comfort of your chair. Whimsical two-color illustrations and humorous, easy-to-follow instructions lead the reader through stretching, strengthening and breath-control exercises en route to improved flexibility and relaxation. Yoga has proven beneficial in soothing the aches and pains of daily life, as well as for such ailments as depression and insomnia. A useful exercise guide and a delightful gift.

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