



## Restoring Flexibility: A Gentle Yoga-Based Practice to Increase Mobility at Any Age

*Andrea Gilats*

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# **Restoring Flexibility: A Gentle Yoga-Based Practice to Increase Mobility at Any Age**

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**A FULLY ILLUSTRATED, STEP-BY-STEP PROGRAM THAT IMPROVES THE MOBILITY OF SENIORS AND PROMOTES LONG-TERM HEALTH**

No matter what age you begin doing yoga, it will help you steadily renew your physical abilities. Done over four weeks, this 25-minute, twice-weekly program features gentle poses, practice sequences and techniques to help you:

**Improve your posture**  
**Increase spinal flexibility**  
**Release tightness in your shoulders**  
**Relax the muscles in your torso**  
**Expand mobility in your hip joints**  
**Reduce the chances of falling**

This book's safe, age-appropriate, customizable approach to yoga-based exercise is specifically designed to restore your flexibility, mobility, and agility while ensuring a longer life and more independent lifestyle. As this flexibility practice becomes a regular habit, you'll feel more energetic and enjoy moving freely. Your favorite physical activity, like walking, golf and even dancing, will once again became a personal pleasure.

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