



## **Yoga for Men: Postures for Healthy, Stress-Free Living**

By Thomas Claire

Motilal Banarsi Dass Publishers Pvt. Ltd., New Delhi, India, 2009. Softcover. Book Condition: New. *Yoga for Men* is a comprehensive introduction to yoga specially designed for men of all ages and backgrounds athletic or sedentary, young or old, the yoga devotee or the neophyte just starting out on his yoga journey. It is presented in a simple, easy-to-follow format that includes a fully illustrated, basic, yet complete, yoga practice session, to serve as a companion to your own personal yoga practice. It provides an overview of all the major styles of yoga to help you custom-tailor a practice to suit your needs. In addition, *Yoga for Men* includes information specific to men how yoga affects male health concerns, how yoga can help during the phases of a man's life, how yoga can enhance performance for athletic activities as well as your sex life, and how yoga can be enjoyed with a partner. Printed Pages: 264.

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