



Yoga for Men: A Beginners Guide to Core Strength, Flexibility and Better Health (Paperback)

By Ryan Briggs

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Yoga For Men Learn to increase core strength, improve flexibility and have better health with this guide! Do any of these descriptions fit you? Athletic and looking for a way to stay fit in the off season? Super busy with stress overload and no time to exercise? Over or underweight and embarrassed about joining a gym? Not into team or competitive sports? Physically unable to do many forms of exercise due to disability or injury? Lacking in core strength and flexibility? If you can relate to any of these descriptions then this is the book for you. Yoga for Men - A Beginners Guide To Core Strength, Flexibility and Better Health is written specifically for men who have had little or no experience with yoga. Why create a yoga book just for men? Many men think yoga is only about easy flowing movements and spiritual chanting. Some may see it as something that real men don't do as it is a girly thing. However yoga was invented by men thousands of years ago. It's only in...



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Reviews

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I actually started out reading this article ebook. This is for those who state that there had not been a worth reading. It has been developed in an extremely easy way and it is just after I finished reading this book in which it in fact modified me, change the way I really believe.

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