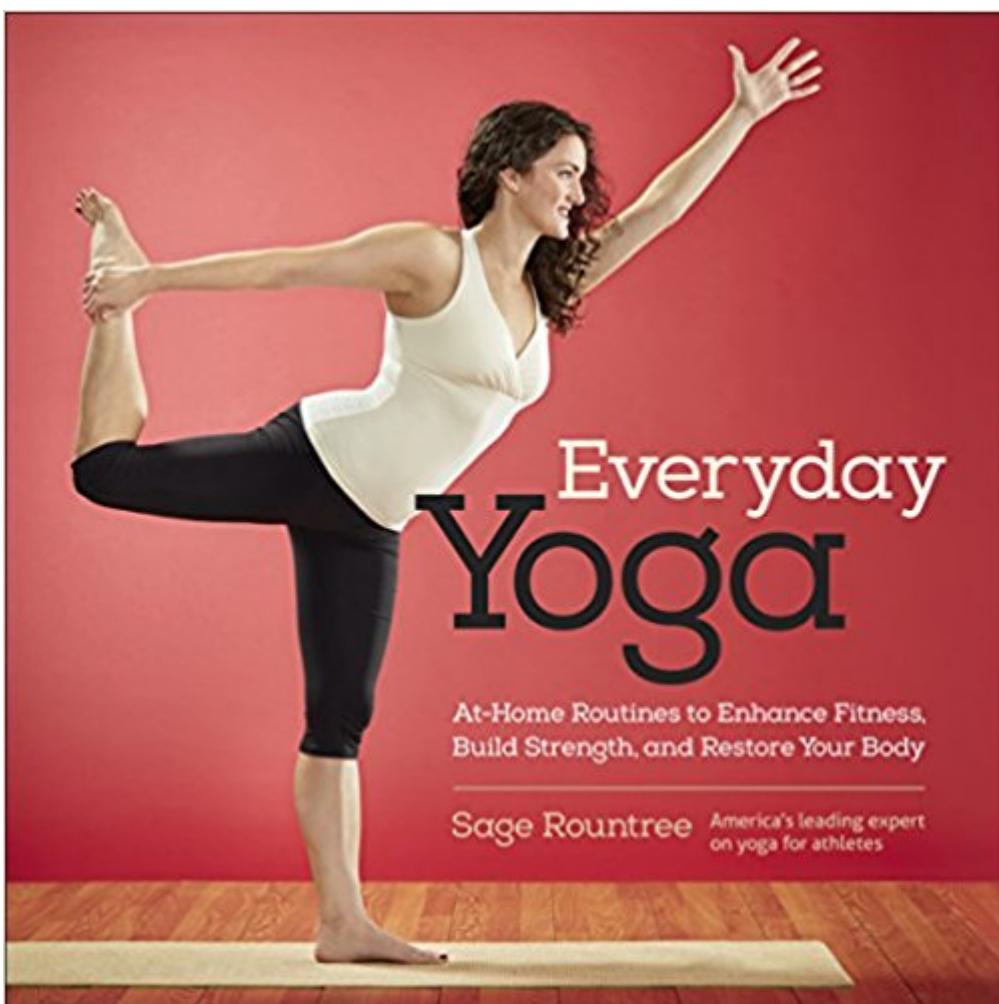


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# Everyday Yoga: At-Home Routines To Enhance Fitness, Build Strength, And Restore Your Body



## Synopsis

America's leading expert on yoga for active people, Sage Rountree, shares her approach to practicing yoga every day in this colorful, lay-flat guide to yoga poses and routines. Flexibility, balance, whole-body strength, recovery, range of motion, focus--a regular yoga practice brings many benefits to people who lead active lives. For athletes in particular, the dynamic stretching of athlete-friendly yoga poses and properly designed yoga exercises can counteract the tightness and imbalances that come from daily workouts. In *Everyday Yoga*, certified coach and registered yoga teacher Sage Rountree shares the yoga positions and exercises she has developed in her own yoga studio, at Kripalu, and working with active people during her popular yoga clinics around the country. She guides experienced yoga practitioners and yoga beginners on the best ways to design and develop their own at-home yoga routines. *Everyday Yoga* provides endless opportunities to explore and practice yoga in your own home: How to design yoga sessions to address the whole body or specific areasHow to sequence yoga poses for a satisfying practiceHow to create yoga routines of varying duration from 5 to 50 minutesHow to make yoga poses easier or more challengingEach *Everyday Yoga* routine moves the spine in every direction and loosens tight hips in routines that can last from 5 to 50 minutes, leaving readers satisfied and relaxed. By sequencing several routines together, readers can build stronger, more flexible, injury-resistant bodies.

## Book Information

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## Customer Reviews

"*Everyday Yoga* is a wonderful resource for creating and supporting a home-based practiceâ Itâ™s simple to use, reference, and navigate. Incredibly helpful for creating and modifying yoga pose

sequencing and providing inspiration for a home yoga practice." • Timothy Burgin, YogaBasics.com "Sage is an excellent instructor who brings a fresh perspective to yoga, making it accessible to everyone. Her book *Everyday Yoga* is a great resource of information for anyone interested in yoga." • Tiffany Cruikshank, Founder of Yoga Medicine "Everyday Yoga is fantastic and a great addition to the yoga library." • Kathryn Budig • Accessible routines and practices that aim to build strength, flexibility, relaxation, and focus, all in the comfort of our own home. Now is the perfect time to treat someone you love, or yourself, to this guide to developing an at-home yoga practice. • • Taste for Life "For the friend who wants to start a yoga routine at home, or one who simply wants a home-based alternative when the studio's not an option, *Everyday Yoga* makes it easy to follow simple flows on your own time." • About.com "I've been following Rountree's work for years • she's so great at making yoga really accessible, particularly for athletes who may not feel like they have the time or bendiness necessary to get into yoga." |*Everyday Yoga* is one of the most helpful tools in my at-home yoga arsenal!" • Fit Bottomed Girls "A few routines from *Everyday Yoga* are perfect for the striding-obsessed." - Women's Running magazine "*Everyday Yoga* is a get-started guide to a home practice for athletes." - Triathlete magazine "An aid for those who have some experience and are looking for help in formulating their own home practice." |*Everyday Yoga* offers an accessible approach to those unable to make it to a yoga class during the week." - Triathlon Magazine Canada

Sage Rountree, America's leading expert on yoga for active people, shares her approach to practicing yoga every day in this colorful, lay-flat guide to yoga poses and routines.

I love this book. It's spiral bound, which is perfect for use during your yoga practice. I'm also an instructor and this gives me new ideas for my classes. The author also refers to modifications as "sweeter" and "spicier" instead of beginner and advanced, which I appreciate, since some students feel like they're failing by taking a less difficult modification. It's well written and enjoyable to read. I highly recommend this for anyone who has a basic understanding of yoga already, since it doesn't break down individual poses - you're expected to already know most of them. This is a great book for sequencing and improving your home practice.

As several reviewers have noted, this is a book about which yoga asanas to do, not a book about how to do yoga. It assumes that the reader has some prior knowledge of yoga. If you already have that knowledge, you might wonder how this book can benefit you. The choices of which asanas to

do and the sequence in which you do them often make a difference in the quality of your practice experience. Some combinations of asanas result in an *Ã¢ÂœAh HaÃ¢Â•* experience in which you find yourself gaining what we can call neuromuscular insight. You learn things about your body and the way you are functioning that you just can't learn any other way. If you have ever had the good fortune to train with a gifted teacher, you may have experienced this. After three months of working these sequences into my personal practice a few times a week, I have had several pleasant *Ã¢ÂœAh HaÃ¢Â•* experiences. If you incorporate the information in this book into your practice, you may have some of these experiences too. Full Disclosure: I am both a former and possibly a future student of the author.

Another excellent, thoughtfully-written book from Sage! I particularly like the lay-flat binding style, the illustration-based presentation of the routines, and the different and gradual ways to begin a meditation practice, something in which I need as much help as I can get. Well done, Sage!

It's a good, easy book to follow and the construction of the book is nice (with rings so you can fold it open, etc.)

I like this book. The routines are varied enough to stay interesting, and there are enough modifications to make them accessible. If you're going to buy this book, know that the asanas are not described in detail; you will need some other reference for that. The best part is, I feel good when I'm done.

I have both the hard copy and Kindle version of this book. It's a wonderful resource, but I wouldn't recommend it for absolute beginners. You need to know your way around a yoga mat to use the sequences. That said, the routines and poses are approachable no matter one's level and will provide a ton of options for one's home practice. The reason I'm giving it 4 stars instead of 5 is that the Kindle version is glitchy in enough places to make it annoying. Overall it's readable, but for the price, I'd expect a flawless product.

This has everything from short routines to really long ones as well as how to make your own combinations. The spiral binding makes it easy to manage and it stays open to the pages you need to reference.

I recently took up yoga and my instructor had this book in class one day and I so thoroughly enjoyed my workout that day so I decided to purchase it. I have found it to be very informative and helpful with my home workout.

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Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Stay Fit for Life: More than 60 Exercises to Restore Your Strength and Future-Proof Your Body Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Beginner's Home Recording On A Budget: How to Build an Affordable Recording Studio at Home and Get Your Music Heard (Home Recording, Home Recording for ... Songwriting, Home Studio, Acoustic) Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathonersâ •Run Farther,

Faster, and Injury-Free Equine Fitness: A Program of Exercises and Routines for Your Horse

Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and

Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) BODY BUTTER:

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