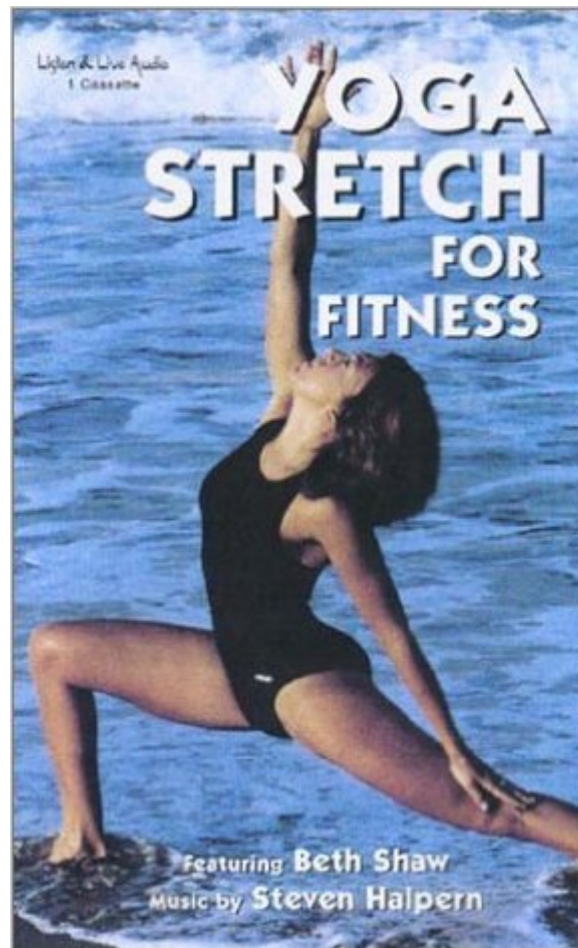


The book was found

# Yoga Stretch For Fitness



## Synopsis

In this dynamic one-hour program, Yoga Stretch For Fitness, yoga expert Beth Shaw guides the listener through a variety of basic stretching, toning and strengthening movements. She encourages participants of any age, size or body type to follow this program while traveling or in the comfort of home. Music tracks, which accompany Beth's vocal directions are provided by Steven Halpern, a world-renowned New Age musician. The results are increased relaxation, lowered stress, positive mental awareness and improved physical health. You are on your way to a healthier life!

## Book Information

Audio CD

Publisher: Listen & Live Audio; Unabridged edition (July 2003)

Language: English

ISBN-10: 1593160062

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Product Dimensions: 4.8 x 0.6 x 8.4 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars Â Â See all reviews Â (3 customer reviews)

Best Sellers Rank: #1,082,774 in Books (See Top 100 in Books) #570 in Â Books > Books on CD > Health, Mind & Body > General #1166 in Â Books > Books on CD > Nonfiction #2077 in Â Books > Books on CD > General

## Customer Reviews

I purchased this off iTunes, but will probably get the CD since the recording on iTunes includes some rather loud additions from the producers. But, this is a wonderful yoga routine and I would highly recommend it for everyone! You start out with breath work, then move on to some very mellow yoga movements and postures. I love the music on the recording and Beth Shaw's voice is very soothing as she talks you through this routine. The sound quality is very good. It's about an hour in length and even non-yogini's will be able to follow along. I use this as a morning yoga routine since it is very mellow and a great way to start your day. Most of the stretching and postures are done on the floor, but some warrior/standing postures also included. Very much worth the price for this product. See my other reviews on yoga DVDs and CDs on , yogaahakat. Namaste'

This product is a VERY OLD product that YogaFit put out in 1994 and the audio publishing company is still selling it as a new product. YogaFit's technique and entire program has changed

dramatically since 1994 and the company offers MUCH better DVDs, CDs and other merchandise. Please visit [...] and to view YogaFit's products. Please do not waste your time on this old product!

excellent for beginners, A little bit to fast if you're a real beginner, so keep pressing the pause button.

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