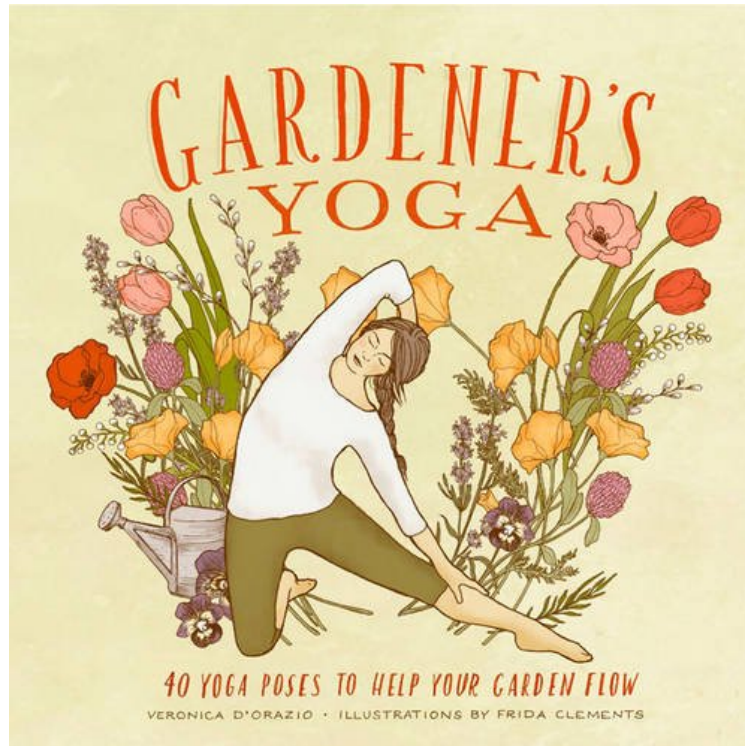


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Gardener's Yoga: 40 Yoga Poses to Help Your Garden Flow

Veronica D'Orazio

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#572730 in Books VERONICA D ORAZIO 2015-12-01 2015-12-01 Original language: English PDF # 1 6.50 x .40 x 6.60l, .81 #File Name: 1570619891128 pages Gardener s Yoga 40 Yoga Poses to Help Your Garden Flow | File size: 55.Mb

Veronica D'Orazio : Gardener's Yoga: 40 Yoga Poses to Help Your Garden Flow before purchasing it in order to gage whether or not it would be worth my time, and all praised Gardener's Yoga: 40 Yoga Poses to Help Your Garden Flow:

13 of 13 people found the following review helpful. A Beautiful Book By Bernadette I love to garden and I have fibromyalgia. This book has yoga that I can do. She even shows how to modify "Downward Facing Dog" so that now I can do it. Gardening and yoga do go together and this is the only book I have found that combines the two. The illustrations are outstandingly beautiful. If this author wrote another yoga book for the very beginner, I would buy it. I will also look for books with the same illustrator. This is not for someone who regularly practices yoga - It is for someone who wants to incorporate yoga into their life but they are not flexible enough for a beginner tape. It is also a routine in short segments. I want to get outside to "play" not spend an hour missing a sunny morning. This book has moves to do before you go outside, moves during your gardening and moves after. THANK YOU VERONICA FOR THIS LOVELY BOOK! ---Peggy2 of 2 people found the following review helpful. Gardener's Yoga By LRW "Gardener's Yoga" is a charming little book. The author's introduction explains how she came to relate gardening and yoga. There are three main sections: breaking ground, planting seeds, and harvest time. Each section has a suggested series of poses to help the gardener relax and stretch for that aspect of gardening. Each pose is described on a single page with helpful tips, facing an illustration of the pose with a watercolor garden scenes. In addition, there is a

section on using the garden to enhance your yoga. This section focuses more on the beauty and scent of the garden rather than eating your veggies. 1 of 1 people found the following review helpful. Travel Yoga By Zelda This is a terrific little book ~ but its not just for gardeners! It goes through the various poses as they can be used as you garden...but one of the best parts is a table in the back of the book that lists various poses and the parts of the body they benefit. Its small size makes it great to take on a trip for practice away from home!

Here are 40 yoga poses specifically designed for gardeners' bodies and spirits to stretch, relax, and grow through the seasons. With the right sequence of yoga poses, a gardener's body can bend with the wind and stretch to the sky to alleviate the aches that come from all that digging, pulling, and carrying. In this beautifully illustrated book, yoga poses are divided into seasonal sequences--or flows--each addressing the gardener's body, the state of the garden, and the natural world. The practice of yoga aligns perfectly with gardening in its motions, metaphors, and calming effects.

"Though dedicated yogis may already be doing many of these straightforward poses, I found making the connection between the seasonal tasks I'm doing and the yoga poses that help made me feel enthused to actually do them, which is half the battle in staying fit and strong." *The North Coast Journal* "Gardeners Yoga will appeal to new and existing gardener yogis, as well as to yoga teachers who are looking for inspiration in crafting seasonal flows." *New York Botanical Gardens: Plant Talk Blog* About the Author Veronica D'Orazio is a yoga instructor and freelance floral designer in Seattle. She is the co-author of *Fleurish*. Frida Clements is an illustrator and graphic designer. Her nature-inspired palette complements her distinctive Scandinavian aesthetic, in which flora and fauna are frequent subjects.