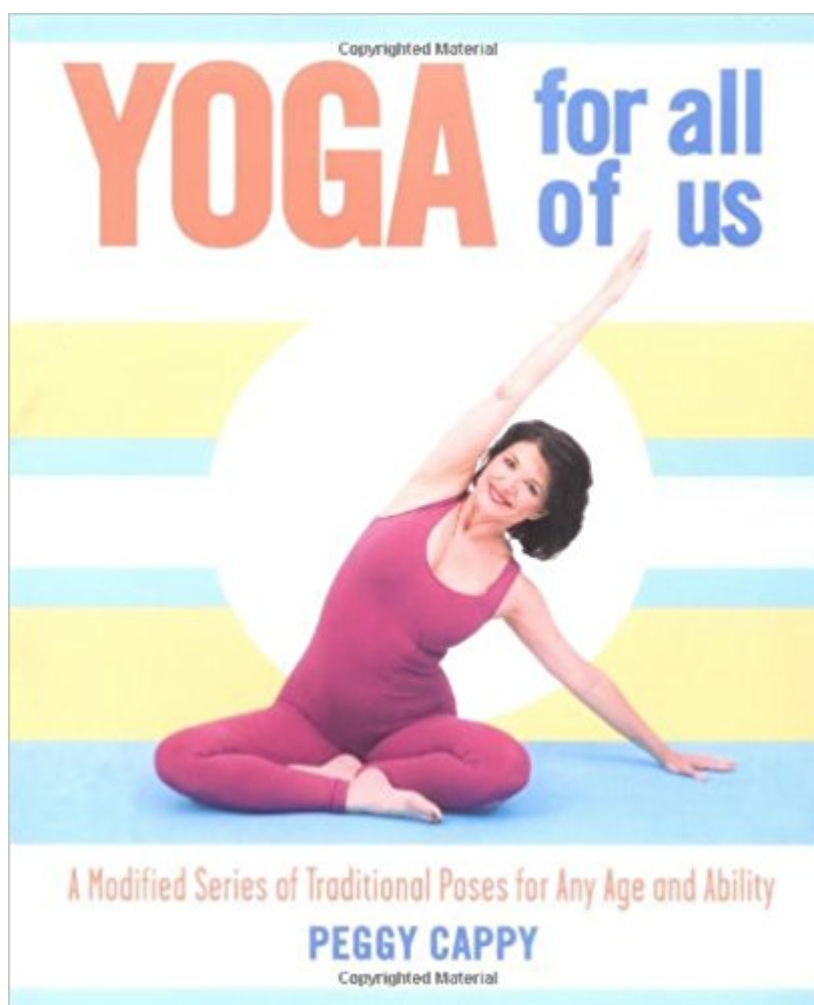


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# Yoga For All Of Us: A Modified Series Of Traditional Poses For Any Age And Ability



## Synopsis

At last, a yoga program anyone can do! An accessible guide to gentle yoga stretches, based on the popular video and PBS television program of the same name. You can enjoy the benefits of yoga â “ whatever your age, ability, or level of activity, even if you have never been able to participate in traditional yoga classes. This accessible guide to gentle yoga stretches and poses will help ease you into the world of this beneficial exercise. Experienced yoga instructor Peggy Cappy will help you gain energy, flexibility, and focus, through modified poses that will help strengthen and stretch your muscles and bring you peace of mind."Peggy Cappy makes it clear that you are never 'too old', 'too overweight' or 'too out of shape' to do yoga. Thank you, Peggy for sharing your love of yoga with all of us!" - Suza Francina, yoga teacher and author of The New Yoga for People over 50

## Book Information

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## Customer Reviews

You can enjoy the benefits of yoga â “ whatever your age, ability, or level of activity, even if you have never been able to participate in traditional yoga classes. This accessible guide to gentle yoga stretches and poses will help ease you into the world of this beneficial exercise. Experienced yoga instructor Peggy Cappy will help you gain energy, flexibility, and focus, through modified poses that will help strengthen and stretch your muscles and bring you peace of mind.

PEGGY CAPPY began her study of yoga 33 years ago after a trip to India where she first saw yoga practiced. Peggy created Yoga for the Rest of Us because of her interaction with a special group of senior citizens that she has been teaching for sixteen years. The average age of the group is 78

and the oldest student is 98. Peggy lives in Dublin, New Hampshire

I am a relatively new yoga instructor--I completed my RYT-200 training program around this time last year, and I have been teaching weekly classes since January. I teach mostly beginner's level classes. In my classes, I often encounter older adults and others who may need modifications of some of the traditional yoga postures. I am very committed to making yoga accessible to everyone, and so I thought that this book would be helpful to me in planning my classes. This book is intended for yoga students, not teachers, but still, after review it, I thought I would find it beneficial. Author Peggy Cappy is clearly very knowledgeable and experienced, particularly in modifying yoga to be accessible to everyone. I like that she included photos (black & white) of not only herself performing the postures but also of a variety of her students, featuring women and men in all shapes and sizes. These photos often included special accommodations, such as using a chair. I also liked Cappy's inclusion of quotes at the start of each chapter. What I found less helpful is that this book is VERY basic. I applaud Cappy for making yoga accessible, yet at the same time, I felt that she covered very little in terms of variety of poses. She shows use of props but doesn't really explain anything about prop positioning, adjusting for comfort, etc. Similarly, she shows alternate versions for most poses, but there are few guidelines on how to decide which pose is right for your body. Finally, I thought that the organization of the book was odd, and I was disappointed that it did not include any specific practice sequences. This book does contain some helpful information that might help those new to yoga get started with a practice. To be honest, however, I found more useful information for free online. In the end, I would rate this book 3 1/2 stars.

I've recently come back to doing yoga. I'm a 68 yr old grandma. I enjoyed yoga when I was a new Mom - 40 years ago, but, sad to say, I stopped doing it, got a job sitting all day as a bookkeeper, and gained quite a bit of weight. UGH. I recently retired from my job, and decided I wanted to do yoga again because I remember how good I felt when I did it. I rented (and then purchased) a couple of Peggy's DVD's, and I'm very happy with them. However, there is a bit of a downside to using DVD's. If you want to stay in the pose for a longer period of time, you have to grab the DVD remote and stop the video. This book contains MANY of the poses that Peggy and her team are demonstrating on her videos, including modified poses done with a chair. Obviously, I cannot do them all, but it gives me something to strive for. I have lower back disc herniation, causing sciatica, but I am confident that doing yoga will help to gently stretch my muscles again. I'm also confident that yoga will increase my sense of balance. I recommend borrowing this book from your local

library, if possible, which is what I did, in order to preview it to determine if this will meet your needs.

Peggy Cappy is my hero. She is wonderful, she is the real deal. I have done workshops with her. She is a vibrant, funny, beautiful person, and she has a great depth and knowledge of yoga. She genuinely cares about her students, and has such a gentle and positive outlook. Her book is informative and helpful and there are pictures of some of her students doing the poses. One woman is over ninety. It really is OK for those of us who don't look like a Cirque de Soleil performer when we are doing the Asanas (poses)! We still get all of the benefits of yoga. I refer to this book daily when I do my routine in the morning. May you live long, and prosper Peggy.

I recently took a workshop with Peggy Cappy and as soon as I got home I ordered her book. Meeting her and working with her in person was inspiring and has me excited about sharing yoga with different populations. As a yoga teacher going back to school for physical therapy, I am interested in incorporating yoga into therapy. This book offers variations and modifications to poses that make them accessible to people of all ages with all abilities. The photos and descriptions are helpful in building my classes and demonstrate that yoga really is for all of us! This book should be on every yoga teacher's bookshelf so we can all be empowered to share yoga with all populations!

I am a relatively new yoga teacher and I have been looking for information about dealing with various levels of ability and physical challenges I encounter in my classes. This is a very readable and down-to-earth guide; informative, simple, and easy to understand, whether you are a student or a teacher. I especially appreciate the modifications, the benefits and cautions regarding specific problems, and the chair yoga information. There are photographs of the various poses - not photos of picture-perfect models doing picture-perfect poses, but of real people of every age and description demonstrating full poses as well as modified poses. This may not be the most detailed book on the subject -- which is the only reason I'm giving it 4 stars instead of five. I'm sure as I progress as a teacher I will want to delve deeper into the subtler aspects. Still, at this stage, I find it very valuable.

Great book. It has a nice variety of postures and stretches. Instructions are easy to follow. Great for folks over 50. I love that it gives modified versions of stretches using a chair. I wish they had this book in DVD form.

I teach yoga. Very helpful book for pose substitutions and modifications for people with all kinds of different needs.

The book arrived timely and in excellent shape. I am a yoga teacher and specialize in gentle yoga. I have to say I didn't learn much new from this book, but would recommend it to beginning students and teachers who are into gentle yoga.

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