



# Life is a Stretch: Easy Yoga, Anytime, Anywhere

*Elise Browning Miller, Carol Blackman*

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You can get all the benefits of yoga ? anytime, anywhere ? when you use the easy techniques found in *Life is a Stretch* by Elise Browning Miller and Carol Blackman.

The practical routines in the book are for everyday life, and take just moments to do. Detailed step-by-step instructions, along with illustrations and over 140 photos, fully illustrate how to stretch your body for greatest benefit. Are you at the office or in school? Special techniques allow you to use these wonderful stretches there. Are you on an airplane or in a bus? You can use a set of stretches for these situations, too. In fact, whenever you want to boost your energy or relieve tension, you can use the methods in *Life is a Stretch*.

The stretches done in yoga are different from simply stretching. For example, in ordinary stretching, the goal may be to touch your toes. When you stretch with a yoga posture, you may touch your toes, but you are focusing your attention on body alignment, muscle tension, and breath awareness. This can help you in many ways, including learning to reduce stress, and it's what you'll learn to do in *Life is a Stretch*.

Here are just some of the benefits you'll get from the simple stretching and breathing movements in this book:

- Improve your ability to concentrate and think clearly
- Burn fat and firm thighs, legs, and stomach
- Improve posture, flexibility, and strength
- Restore calm and release stress
- Strengthen your lower back
- Relieve computer-related tension in your wrists and back

Based on the ancient techniques of yoga, the simple movements in *Life is a Stretch* can be used anytime by people of all ages and ability levels. Do them regularly and you will look younger, be more focused, and have more energy. You owe it to your body and mind to get *Life is a Stretch*.

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