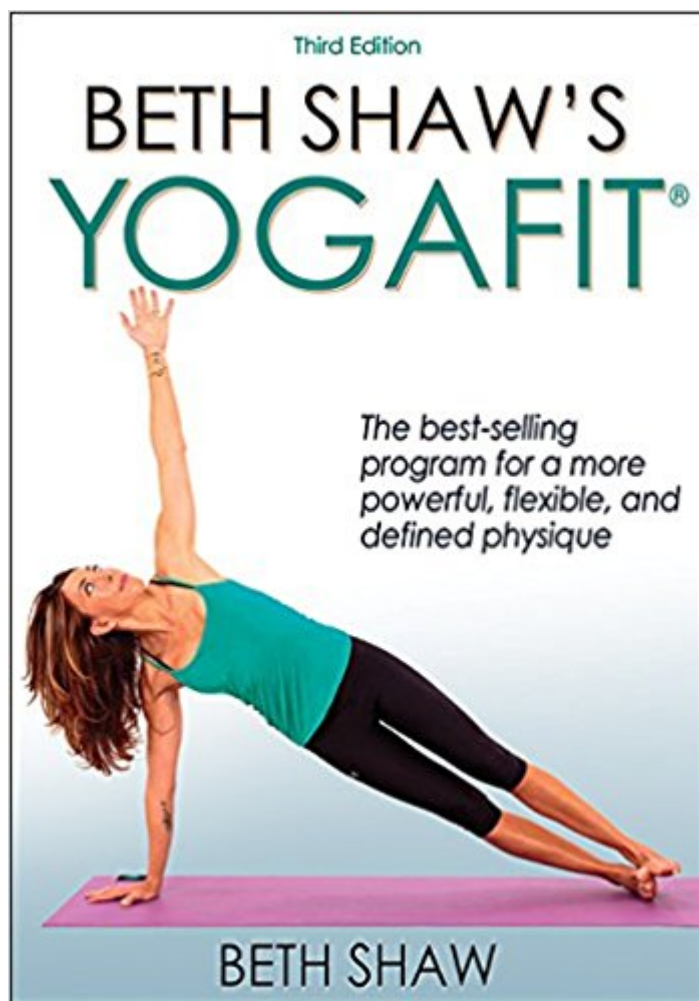




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Beth Shaw's YogaFit 3rd Edition



Synopsis

Whether you are searching for a new physical challenge or a way to incorporate yoga into your exercise routine, Beth Shaw's YogaFit will help you reach your physical potential. Expanded and updated, this highly acclaimed program combines challenging conditioning work with strength- and flexibility-building yoga to create a total-body workout. With YogaFit, you'll have not only increased overall health, energy, and vitality but also a stronger and leaner body, reduced stress, better posture, improved concentration, and a higher level of fitness. Written by Beth Shaw, an internationally renowned expert on fitness and yoga, this book presents more than 100 YogaFit poses organized into workout routines that you can use every day. The text includes information on using YogaFit as a training tool for sports and creating personalized routines to meet your own needs. Athletes will benefit from sport-specific routines designed specifically for baseball, basketball, boxing, cycling, golf, kickboxing, running, skiing, snowboarding, softball, swimming, tennis, volleyball, and weightlifting. The full-color photo sequences and step-by-step instruction make it more accessible than ever! Join the more than 250,000 trained YogaFit instructors and the millions of people who have already tried Beth Shaw's YogaFit and proved that it works. You'll get results in a few weeks—and benefits that last a lifetime.

Book Information

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Customer Reviews

"Beth Shaw's YogaFit strikes the perfect balance for both novice and experienced yogis alike. At the foundation is the notion that YogaFit is for everyone, which resonates with anyone who believes in self-acceptance and inclusivity. For those unaccustomed to yoga, they will soon see that YogaFit is a modern take on an age-old practice for flexibility, strength, and power for the mind, body, and

spirit." Rod Macdonald-- Vice President canfitpro and Editor in Chief of canfitpro magazine
• Beth Shaw's YogaFit offers you a path to an improved mind and body. No matter what your starting level, you will learn how to become stronger, leaner, and more flexible while reducing stress and improving concentration.
• Petra Robinson-- CEO Petra Robinson Inc., Fitness Industry Adviser - Zumba Fitness, Former VP of Aerobics and Fitness Association of American (AFAA)

Beth Shaw is the president and founder of YogaFit, Inc., the largest yoga school in the world. She is recognized as one of the leading experts in the fields of mind, body fitness, health, and nutrition. Shaw is the innovator behind many fitness trends, including YogaFit, YogaLean, and YogaButt. The first and second editions of Beth Shaw's YogaFit (Human Kinetics) have sold more than 100,000 copies worldwide. YogaLean was published by Ballantine Books/Random House in 2014 and is quickly climbing to best-seller status. Her next book, Yoga for Athletes, is scheduled for release in 2016. Shaw and her company have been featured in Time, Huffington Post, USA Today, O: The Oprah Magazine, Glamour, Washington Post, Self, More, and Entrepreneur as well as on CNN, CBS, NBC, Showtime, and E! Entertainment Television. She speaks frequently at universities and corporations on mindfulness in the workplace, health, fitness, and the business of spirituality. Shaw works with the NFL and its officials and is currently on the CanFitPro advisory panel and the Long Island University board of advisors. Shaw earned bachelor's degrees in business administration and nutrition and holds numerous certificates in fitness disciplines. She is an experienced registered yoga teacher (E-RYT) and is a trained yoga therapist through the International Association of Yoga Therapists (IAYT). She has studied yoga in India and Asia. A lifelong student of fitness, psychology, philosophy, spirituality, and health, Shaw is committed to helping people find their own perfect health both physically and mentally. YogaFit has committed to giving \$1 million in free yoga trainings to those in need. Her nonprofit organization, Visionary Women in Fitness, grants scholarships to women. Shaw has dedicated her life to YogaFit and the transformational growth that the company creates globally. She lives in New York and Los Angeles.

I'd signed up for a yoga class while recovering from a running injury and was amazed at what a change it made in my body. Now I rely on Beth Shaw's YogaFit while exercising at home. This is a very accessible, non-intimidating book with clear, full-color photography which is ideal for people like me who might not otherwise consider themselves the yoga type. I especially appreciate the focus on sports and have even shared these routines with friends. There are plans geared toward a

variety of athletic pursuits including weightlifting, basketball, baseball/softball, volleyball, running, cycling, swimming, golf, tennis, skiing/snowboarding, and kickboxing/boxing. I've even got my kid interested in it. This is a great book to help improve your overall flexibility and strength. Whether you're an athlete, fitness enthusiast, or an office worker seeking relief from all those hours stuck in a chair, this is the book for you!

Arrived promptly and in good condition. The last edition I bought was the first and the improvements are obvious by this third edition. With glossy pages and color prints, the third edition provides the yogi with descriptions of YogaFit poses and symbols that indicate their appropriate place in the YogaFit routine (hill, valley, or mountain). This text also dedicates considerable space to sport-specific routines and highlights modifications with blocks. This text is useful for either instructor or fitness enthusiast.

I originally purchased this book in its Kindle form so I could more easily access it when I'm out and have a few minutes to read and prepare. While it does serve that purpose, I ultimately purchased a second copy in paperback form. The layout of the pages with the poses with all the muscle and cuing breakdowns is so well down in the actual book and just doesn't translate in the Kindle version. My only wish is that there were a spiral version so that it could lay flat for easier access when trying to follow the vinyasa flows set up at the end. Great book and great introduction to a more intensive personal yoga practice whether or not you are interested in becoming a YogaFit teacher.

This is really helping me plan my yoga classes. It also includes preplanned classes in the back of the book. Good asana illustrations and descriptions and when each pose is best integrated into a class.

I'm getting prepared to take the Level 1 certification for YogaFit - and this book is very helpful, insightful and extremely informative about yoga! I really admire Beth Shaw and feel very inspired from her success. The best part about this book was all the references she gave to further reading about how to teach yoga and making the mind and body connection. Excellent book!

"Silver and Fit" accepts their training program for it's Instructors. I wanted to review their materials. This is well done but much content is not appropriate for the active, older adult students I teach. Useful, but did not add much to what I have in my current library.

It very easy to follow but best if you have taken some yoga classes. It helps support your knowledge of the different poses.

I really like this book for yoga. Its easy to read, with lots of pictures. I feel that this book would give a great foundation of yoga for those that want to go deeper with their practice.

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