



Yoga in Bed for All Ages

Lisa Shea

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Some of us need help waking up. Others have trouble falling asleep. Yet others are bedridden and wish to gently exercise each day. Yoga in Bed for All Ages is the perfect solution.

These poses are specifically designed to be done in a bed. There are both sitting and lying down poses. For those who cannot sit up, alternative suggestions are provided.

Study after study finds that yoga helps with lower back pain, depression, energy levels, balance, post-traumatic stress, focus, sleep, and much more. Whether you need to reset after a busy day or wish to have more joy in your daily life, yoga can help. It nurtures your body and embraces your soul.

Join us to take that first step forward into a healthier, happier you.

Namaste.

This book Yoga in Bed for All Ages is intended to be free on all systems, to help those who are in need of support find a step toward a more contented life. If the system you are currently on requires a charge to download, all author's proceeds will benefit battered women's shelters.

This book is a companion piece to my other two free books - one on full-length yoga routines and the other on a quick ten-minute yoga routine. Each provides a different avenue for including yoga in your daily life.

Feel free to contact Lisa if you have any questions about her routine - she's happy to help!

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