



Beth Shaw's YogaFit-3rd Edition

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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.

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