



Beth Shaw's YogaFit 3rd Edition

By Beth Shaw

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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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"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)

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