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teaching the foundations of yoga making sure you will get the most out of your yoga practice and take it off the mat into your daily lives
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many of the practices are simple and accessible for people of all ages and in all states of health using props that are readily available like pillows and chairs these deeply relaxing poses help you rebalance your mind and body create feelings of wellbeing and counteract the effects of chronic stress

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1 **tadasana** mountain pose stand tall and ground down through all four corners of your feet lift all toes and spread them as wide as you can make sure your inner thighs are hugging towards each

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in this companion volume to her seminal book *relax and renew* judith hanson lasater a well known and respected yoga teacher offers a fresh set of restorative practices with accompanying photos to help balance and reset the body when you feel weak fatigued or stressed from your daily activities

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