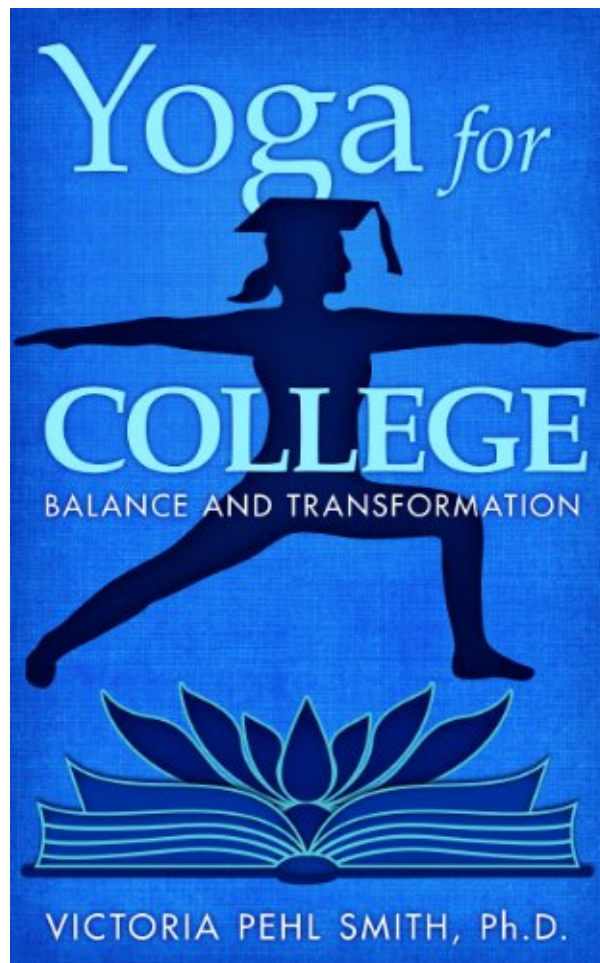
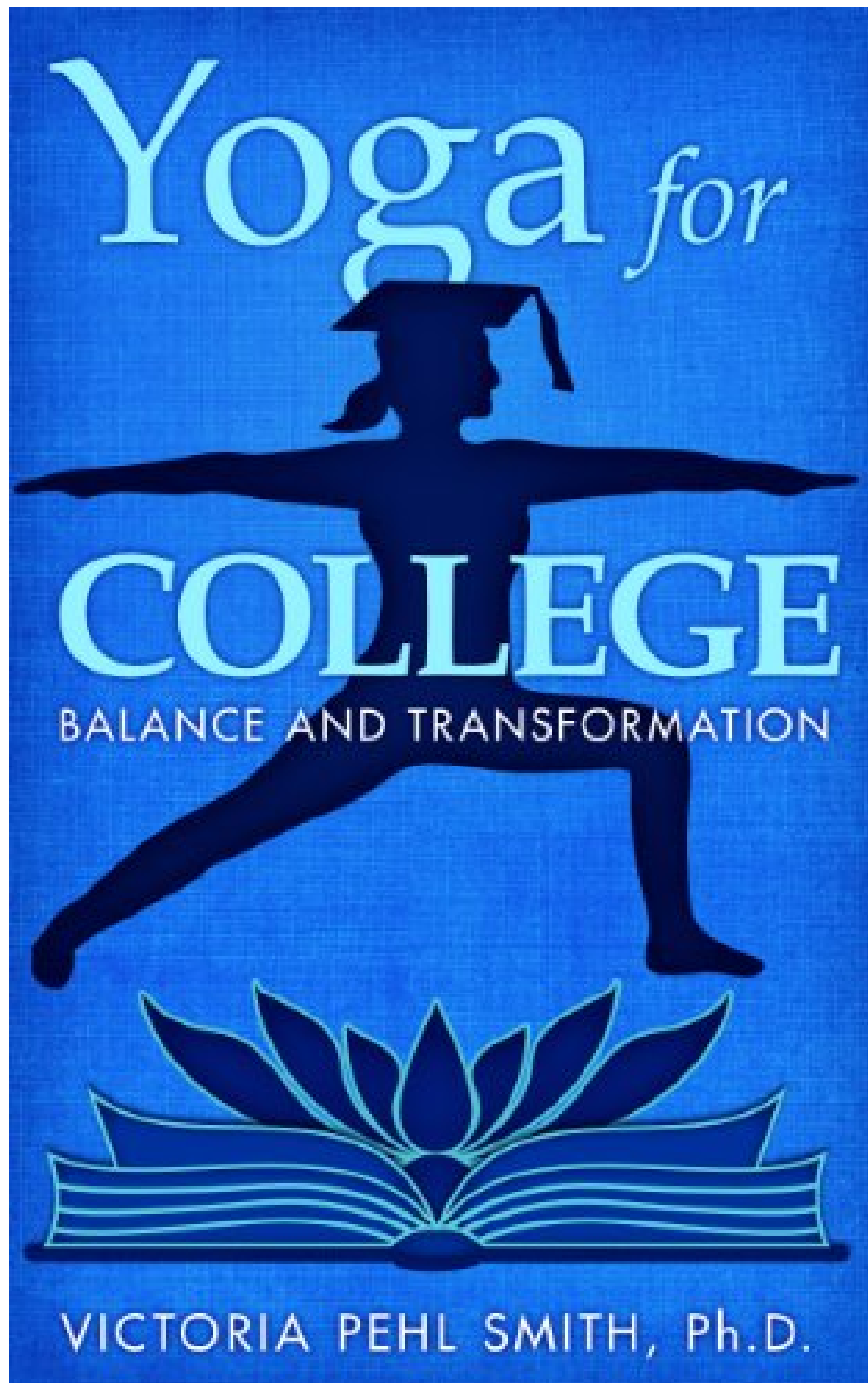


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An outstandingly reviewed student guide, written by an award-winning Ivy League faculty member and longtime student and teacher of yoga, that explores ways that yoga (postures, breath work, meditation, and principles of yogic philosophy) and related areas (such as anatomy, physiology, neuroscience, and psychology) can help students improve their academics, creativity, and social life. The author includes material for experienced yogis as well as beginners. She examines twenty common student concerns and offers yoga practices as well as other approaches to deal with them. Additionally, she provides a list of more than 40 handy tools for reducing distress and improving attention and mental acuity (which is what yoga is ultimately all about) and includes an extensive biography for those who wish to go deeper.

- Sales Rank: #1095978 in eBooks
- Published on: 2013-08-04
- Released on: 2013-08-04
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A must-read!

By SM

A must-read, transformative guide for students who want to make the most of their college experience. YOGA FOR COLLEGE provides a step-by-step, comprehensive introduction to yoga and its practical applications to college life. Conversational, compassionate, and real, it's a pleasure to read. Dr. Smith is an enormously wise woman and an expert yogi and professor. If you want to stay grounded, focused, and balanced while you're in college--in tune with yourself and others--get this book!

1 of 1 people found the following review helpful.

Excellent resource!

By Jess

I wish I had this book as a resource when I was a college student! Considering the college years are a time full of new experiences and challenges, I believe it's incredibly beneficial to have an outlet, such as yoga, for relaxation and centering. As a recent graduate, I still am able to benefit from the many different techniques provided by Smith. It was also very interesting to learn about some of the philosophy of yoga as well as the physiological components. Smith provides excellent advice for those interested in learning how to introduce yoga into their lives and coping with the possible stresses of the college experience. I would recommend this book to anyone interested in adding relaxation into his or her life!

1 of 1 people found the following review helpful.

A well-written, informative and well-timed book

By Doris

I found this book by Victoria Smith really useful in understanding what Yoga can accomplish for college students -- and for us oldsters as well. The pages flew by, and the content and style were flowing and

engrossing. This is an affordable way to get in touch with the purposes and practice of Yoga. Buy it!!!

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