



## Yoga for Hikers: Stretch, Strengthen, and Climb Higher (Paperback)

---

By Nicole Tsong

Mountaineers Books, United States, 2016. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Yoga for Hikers will show you how to create a yoga practice at home that will keep you healthy, prevent injuries, and support and improve your outdoor passions. These guides feature easy-to-understand yoga poses and sequences designed to address the specific stresses that hiking enacts on the body. Through a simple and accessible approach to physical poses and breathing practices, hikers learn ways to strengthen their core, stabilize their joints, and gain overall balance. Yoga can help hikers combat the repetitive pounding of feet on hard trail, the occasional ankle twist caused by a misstep on a root, knee strain from descending hundreds of feet, or neck and shoulder stiffness that develops from carrying a pack. The practices detailed in Yoga for Hikers are designed to help athletes of all levels better connect to their bodies and, through attention to breath, feel more at ease in our sports, no matter how challenging the route. On your mats, you ll learn to release stress and anxiety and experience a deeper sense of calm, peace, and wonder that will translate to the trail.



**READ ONLINE**  
[ 4.71 MB ]

### Reviews

*A fresh e-book with a brand new standpoint. Sure, it is play, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is just soon after i finished reading this pdf where in fact modified me, change the way in my opinion.*

-- **Deondre Hackett**

*This book can be worthy of a read, and much better than other. It usually fails to charge a lot of. I realized this publication from my dad and i encouraged this pdf to understand.*

-- **Prof. Flo Cruickshank DDS**