



15-Minute Yoga: Health, Well-Being, and Happiness through Daily Practice

Ulrica Norberg

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From Ulrica Norberg, a renowned yoga teacher and author, comes *15-Minute Yoga*, a guide to beneficial yoga poses and nutritional tips for practitioners of all levels. By integrating fifteen minutes of yoga into one's schedule, those who yearn for a better quality of life will find balance and peace in each day.

The foundation of all yoga is breathing exercises, body positions that both strengthen and soften, and visualization exercises. Depending on who you are and how much time you have available, Ulrica provides different ways to do poses and focus sessions for a truly rewarding daily yoga practice. She also provides options for advanced variations depending on the experience level of the practitioner.

With clear photos in a beautiful setting, *15-Minute Yoga* gives tips on how to combine poses to create your own effective fifteen-minute program. With both energizing and restorative exercises, readers can build strength, reduce stress, and increase circulation. The book also offers a brief introduction to the history of yoga, its aim, purpose, and meaning, and general advice on how to integrate more yoga into one's life.



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