

# *YOGA FOR AGELESS SENIORS*

## *Daily Prescriptions for Increasing Strength, Balance & Resilience*

By Margaret Chester, MPH, RYT

*“Yoga for Ageless Seniors is an inspirational, practical and fun way to add simple yoga techniques to your life. It is **NOT** about standing on your head or folding yourself into a pretzel. It is about designing your life to increase your strength, balance, and resilience. This motivating book is based on five powerful yoga techniques that you can do **ANYWHERE** and **ANYTIME**. It discusses preparing for the last chapter of your life: having end-of-life conversations, literally getting your house in order, and the reality of death and dying.” (Back Cover)*

*“The ancient yogis were very much aware that death follows life and that one can practice dying every day with joy, awareness and gratitude. In fact, your life will become lighter and happier once you acknowledge that you will eventually die and that the choices you make today really count with every breath that you take. This entire yoga practice is all about adding more pleasure, mindfulness, and smiles into your everyday life. Feel free to skip to the APPENDIX at any time to check out what I like to call Homework. Remember, if you do not live your life, who will?” (Page 7)*

*“Please note that I will be using the word **health** as a person’s overall attitude. I am not using it in the usual “free from illness or injury” sense, because I believe that we are more than our diagnosis, wounds, and injuries. The word **health** has roots in the word **whole**, as in “a thing that is complete in itself.” Therefore, actions and non-actions that support the whole person in body, mind, spirit, and emotions can result in optimal health and wellness. **Yoga for Ageless Seniors** is simply about creating healthy, happy, and sacred moments every day.” (Page 10)*

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