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Øvelser og programmer for hele kroppen
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Bente Helene Schei

Yoga Made Simple *Exercises and Programs for the Whole Body*

In *Yoga Made Simple*, yoga teacher Bente Helene Schei focuses on the classic and simple parts of yoga and gives you specific exercises and programs you can follow at home. You can choose the programs that suit you and your level best. The shortest program is 10–20 minutes, a bit longer is 30–60 minutes, and the longest are 60–90.

The book also contains programs with exercises that specifically help fight ailments connected with stomach and digestion, neck and shoulders, balance and concentration. All the poses are described clearly, step by step, and are illustrated with photos of the author. In addition to describing how the poses are done, the author also explains what you should be aware of, what you should be careful of and what the impact of each pose is.

Bente Helene Schei

Bente Schei is a yoga teacher and manager of the Center for Classical Yoga. She has been doing yoga for 20 years and maintains the basic idea that yoga is simple. She graduated from the Yoga Teacher School and is a member of the Norwegian Yoga Teachers Association.



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