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Yoga for Climbers: Stretch, Strengthen, and Climb Higher

By Nicole Tsong

Mountaineers Books, United States, 2016. Paperback. Book Condition: New. 180 x 137 mm. Language: English . Brand New Book. Yoga for Climbers 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. Features easy-to-understand yoga poses and sequences designed to address the specific stresses that climbing enact on the body. Through a simple and accessible approach to physical poses and breathing practices, climbers learn ways to strengthen their core, stabilize their joints, and gain overall balance. All of these conditions are key for comfortable climbing, whether you are sport climbing at an elite level, roping up as part of a ridgeline traverse, or simply want to get out and boulder for a few quick hours each weekend. The practices detailed in Yoga for Climbers 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.



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