



## Sit Stretch Smile

*Dr. Howie Shareff, Lakshmi Voelker RYT, Cyndi Bulka RYT, Barbara Vosk Ph.D., Flo Moses P.T., Diane Henry, Melinda Fine, Amy Swanson*

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Sit Stretch Smile creates a union of yoga, physical therapy, and "universal access" to help you begin and expand your yoga practice, anywhere. Detailed color photos and simple written instructions for each pose will ease your learning process. This fun, 64 page instructional book begins your chair yoga journey with guidelines to assess your chair for optimal positioning of your body for better posture, breathing, strength and movement. From there you will learn to rhythmically breathe and effectively drive your movements, improving how you sit, walk and play. Sit Stretch Smile contains four series of stretches that range from beginner to very skilled that can foster and expand your chair yoga practice. The beginner program will help you learn proper body alignment and focus on elementary yoga movements. As your skill set and practice grows, you can explore the popular Sun and Moon Salutations programs, all while seated. Sit Stretch Smile will improve your quality of life wherever you live, work or travel.

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