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Yoga Turns Back the Clock: The Unique Total-Body Program that Fights Fat, Wrinkles and Fatigue

Glenda Twining, Mark Seal

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There is a magic formula for staying young--Yoga! You can be as toned, energized, and beautiful as you were in your twenties--or more so! Yoga practitioners have long known the secrets to looking and feeling young. Now you can harness the amazing power of this ancient art to fight flab and rejuvenate every part of your body with the energizing routines in this book.

Through simple step-by-step instructions and easy-to-follow full-color photos, Glenda Twining shows you the miracle of anti-aging yoga. She has helped hundreds of people turn back the clock with her unique program, and you can be next!

You'll learn:
* Why 30 minutes is all it takes to transform your body
* How yoga works to rejuvenate your entire body from the inside out
* Simple stretches you can do at home to fight fat and feel younger

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