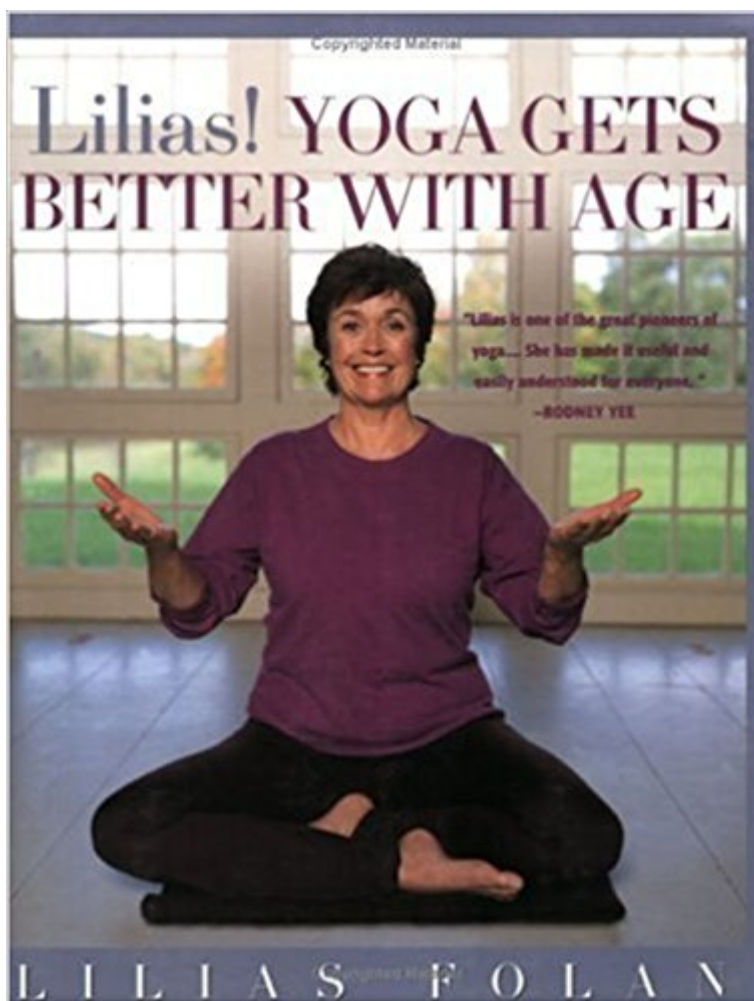


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# Lilias! Yoga Gets Better With Age



## Synopsis

Nothing softens the aging process like yoga! Now, the First Lady of Yoga shows how to add more flexibility, energy, and joy to your life--with her new method of "yin" stretching for the maturing body. As Americans in their 40s, 50s, and beyond search for ways to increase flexibility, diminish aches and pains, enhance well-being, and slow the aging process, the word is out: yoga does all this and more. But traditional yoga poses and stretches can be a problem for stiffer, less pliable bodies. That is why Liliias Folan--the most beloved and admired American yoga teacher ever--has created "yin" yoga, a specific, safe, and creative way to stretch and strengthen within each yoga posture. The technique, which cannot be found in other yoga works, is at the heart of this book. Some outstanding features include:

- o More than 200 photographs of Liliias demonstrating the yoga postures using her innovative techniques
- o Liliias, in her trademark soothing and upbeat style, guiding readers along a spiritual path that leads to increased vitality and a higher Self
- o Engaging stories of her life's journey from this internationally renowned yoga master and grandmother

Whatever you're looking for at this time of life--wisdom, serenity, meaning, energy, bliss, or simply to feel better--Liliias will show how a mindful practice of yogic principles can help you find it.

## Book Information

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## Customer Reviews

“Liliias is a light whose own journey affirms the tremendous benefits of yoga at any age.

Whether you are fifteen or fifty, new to yoga or a seasoned practitioner, her wisdom will open your hips and your heart so that you can experience the fullness of your life. She will gently guide and

attune you to your own individual expression of physical and emotional freedom. —

--Stephanie Phelan, former NBC Today Show segment producer and founder of Inner Light Yoga and Therapy

“In this exquisite book, Liliás has deftly communicated both the essence of yoga and the essence of Liliás. The book is so inviting that one just wants to fall into it—and into the warmth and wisdom of Liliás’s teaching. This kind of work can only be the fruit of a lifetime of dedicated practice—and we are enormously grateful to have it, and to have Liliás.

--Stephen Cope, director of the Kripalu Institute for Extraordinary Living and author of *Yoga and the Quest for the True Self*

“In this book, Liliás Folan reminds us that authentic spiritual paths are not a function of age, because genuine wisdom is ageless. This includes the great tradition of yoga, of which Folan has done so much to bring to Western awareness. *Yoga Gets Better with Age* will help anyone recover the joy and fulfillment of graceful aging.

--Larry Dossey, MD, author of *The Extraordinary Healing Power of Ordinary Things* and *Healing Words*

“*Yoga Gets Better with Age* is a gentle, wise path toward understanding, awareness, and health. Heed these instructions and you will get better with age too.

--Barbara Dossey, PhD, RN, author of *Florence Nightingale and Holistic Nursing*

“The beloved doyenne of American yoga has done it again, offered us a jewel. This new book is both a friendly and deeply spiritual guide to the power of yoga practice through all the stages of our lives. Liliás has lived its wisdom, and now we can share that wisdom, as well as the joy she radiates as she teaches us.

--Judith Hanson Lasater, PhD, physical therapist, yoga teacher since 1971, and author of several books, including *30 Essential Poses*

“I have had the privilege of collaborating with Liliás in the development of many of her video projects throughout the years. I have always found the time that we spend together to be sacred. She has shown me through example how to live each day with warmth and serenity. Not only does *Yoga Get Better with Age*—so does Liliás!

--Debra Goldman, founder of *Natural Journeys*

“Liliás paved the way for so many of us. She was the first American yoga celebrity—and I mean that in the most complimentary way. Liliás was the pioneer and introduced yoga to America so sweetly. Thank God she was first! With her light and genuine love of people, she gently awakened people’s interest in yoga. She has always been an inspiration for me and my work, and now this lovely book from her for all of us growing older—and isn’t everyone?

--Beryl Bender Birch, author of *Power Yoga* and *Beyond Power Yoga*

“In *Yoga Gets Better with Age*, Liliás Folan simply and profoundly demystifies the higher teachings of yoga and meditation. Highly recommended for students and teachers alike.

--Larry Payne, Ph.D., coauthor of *Yoga for Dummies* and *Yoga Rx* and founding president of the International Association of Yoga Therapists

“Liliás’s motivation is

so obviously one of genuine caring and inspiration that her work has a quality of gentle power and deep meaning. Liliás Folan is one of those rare people who can teach an ancient wisdom and also infuse it with a modern and tender regard for her students. “This is excellence. I am grateful to have this book.” --Patricia Sun “People at midlife and beyond--myself included--want to hear from seasoned teachers who have stood the test of time. Liliás has the depth of experience to provide older students with inspiration, encouragement, and practical guidance. She demonstrates how yoga can help us to reconnect with inner peace and joy. I wholeheartedly agree with Liliás that yoga gets better with age!” --Suza Francina, RYT, author of *The New Yoga for People over 50* “Liliás yoga has been a longstanding prescription for my patients that has yielded consistently positive results. In *Yoga Gets Better with Age*, Liliás reveals an intimate and heartwarming yoga guide that encourages readers to enhance inward and outward health at midlife and beyond. Through her characteristic warmth and creativity, Liliás continues to inspire and awe.” --Kenna Stephenson, M.D., F.A.A.F.P., author of *Awakening Athena* “Liliás is one of the great pioneers of yoga in this country. She has taken the complex and sometimes controversial subject of yoga and made it useful and easily understood for everyone. Once again, in her latest offering, she breaks the sound barrier for all of us.” --Rodney Yee “Whenever I see Liliás, I think, ‘All have what she’s having!’ In her new book, Liliás’s teachings, which gracefully balance wisdom with play, clearly show us that we can experience the strength, joy, and clarity that Liliás herself radiates. Thank you, Liliás!” --Cyndi Lee, founder of OM yoga “Liliás is a light whose own journey affirms the tremendous benefits of yoga at any age. Whether you are fifteen or fifty, new to yoga or a seasoned practitioner, her wisdom will open your hips and your heart so that you can experience the fullness of your life. She will gently guide and attune you to your own individual expression of physical and emotional freedom.” --Stephanie Phelan, former NBC Today Show segment producer and founder of Inner Light Yoga and Therapy “This book is brilliant, both enlightening and life enhancing. Liliás’s yogic treasures stream from the pages and allow us to experience both the benefits and compassion of true yoga. This is not just a look good yoga book--it is the real thing!” --Liz Comerton, cofounder and past president of the Yoga Fellowship of Northern Ireland

From *Library Journal* (starred review): Since 1972, when her groundbreaking yoga series *Liliás, Yoga, and You* first aired on PBS, Folan has been teaching yoga in a friendly, down-to-earth style via books, videos, and audio materials. Now 67, the First Lady of Yoga has found that her vocation is a powerful tool for making the aging body stronger, healthier, and more graceful. For those baby boomers who find it difficult to perform

traditional yoga poses and stretches, Folan has developed a unique three Rs approach (resist, relax, and re-stretch), which she incorporates into the poses to improve flexibility. This approach is demonstrated in over 200 photos in clear instructions, benefits, and cautions. Breathing exercises, meditation, relaxation, and partner yoga are also discussed; in a welcome change from more serious yoga books, Folan encourages readers to listen to their own bodies and be creative and have fun. After years of study, travel, and teaching, Folan has much to say about staying present, accepting oneself, and paying attention to the witness within. Her encouragement, humor, and insight make this book essential for beginners, advanced students, and teachers. Recommended for most health and fitness collections.

—Dede Fellrath, Naples, FL  
From Yoga Journal: If your mom complains she's too old for yoga, you might want to give her this book. Liliias Folan knows more than most that you can enjoy the practice at any age. She started at 30 and now, at 67, she's sharing her gospel with the baby boomer set. Organized around the koshas (according to yoga tradition, the different bodies physical, energetic, emotional, wise, and blissful that make up the human organism), Folan's offering provides a thorough exploration of aging, anatomy, relaxation, breathwork, and meditation, and presents asanas in a friendly, accessible, unintimidating way. Suggestions for adapting poses to a Yin Yoga practice and a section on partner poses create fun variety. Now your mother has no excuses.

—Phil Catalfo

LILIAS FOLAN, known as the "First Lady of Yoga" since her groundbreaking 1972 yoga series *Liliias! Yoga and You*, is regarded as America's most knowledgeable and respected yoga master. Through her PBS-TV shows, books, audiobooks, videos, and workshops, Liliias has helped millions learn about the benefits of yoga for the body, mind, and spirit. She lives near Cincinnati, Ohio, with her husband.

It was exactly what I wanted. I found the quality after going through it several times. This approach to yoga suits my 64 year old body

Such a great book for beginner to advanced yoga students. She delves into some of the more "obscure" ideologies of yoga (koshas, etc) without alienating those that are simply looking for a good stretch. So many great ideas.

Too many years ago I enjoyed her program on a PBS channel in Ohio. She is still fabulous and what I like about this book is that she has transitioned all to those of us who have "aged" with her.

I have known Liliias since the sixties and watched with awe as her single-minded focus on Yoga has not only blossomed but become part and parcel of who she is. She is a remarkable woman: wise, yes, but also emanating the kind of humor that is indicative of a truly intelligent and observing mind. It bubbles out of her. This newest book is utterly lucid, engaging, and universal, a real feat of concentration and will! Writing any book is a hard challenge; she has given it her all, and it shows! Liliias' ALL is more than most of us have to give!

This book was recommended by my Yoga instructor and it turned out to be great. Love this book because it is very realistic about the Yoga positions as we age, as well as great insights into the dynamics of aging and how to combat some conscious remembering

Liliias is a treasure. I met her in Colorado a few years ago and HAD to buy this book as I teach many senior yoga classes and provide private yoga sessions in my home for seniors only. This book is going to become a CLASSIC and it will encourage me to share gentle yoga techniques and practices with my senior yoga students in the Chapel Hill, NC area. Jan Doolin, Registered Yoga Teacher, "Yoga for Boomers and Seniors"

Liliias has used her magic yet again to offer the gift of yoga to everyone. "Liliias! Yoga Gets Better with Age" is a warm invitation to begin or to expand a yoga practice. Liliias's warm personal stories and easy to understand yoga tips are woven throughout. The book's accessible format adds to its inviting nature. Liliias has made my holiday shopping much easier this year! -- Yael Calhoun, author of "Create a Yoga Practice for Kids: Fun Flexibility, and Focus"

Liliias is in a new place with this one. Mature work, very informative, much more comprehensive than just the physical aspects of yoga. Liked it a lot.

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Liliias! Yoga: Your Guide to Enhancing Body Mind and Spirit in Midlife and Beyond  
Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1)  
Yoga: 21 Essential Yoga Poses to Strengthen Your

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