



Stretch Yourself!: 365 Great Reasons To Do Yoga

Victor M. Parachin

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Stretch Yourself! 365 Great Reasons To Do Yoga, Yoga is an ancient practice going back more than 5,000 years. Once a secretive, esoteric practice for the few, yoga has become an activity for the many. Yoga is for everyone – young and old, flexible and inflexible, athletic and non-athletic, women and men. Yoga is healing and equitable upon all who practice. Anyone can do it and everyone will benefit from it. “Whether you are sick or weak, young, old or even very old, you can succeed in yoga if you practice diligently.” - Svatmarama Yogendra, (Fourteenth century writer and teacher of yoga)

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