

Download Common Sense About Yoga

Louise's common sense approach to yoga helps you to understand every movement and posture. She has given lessons to both my children and they love her classes. I managed to convince my husband to try a class. He has suffered from back pain for years and has tried every treatment available. The results have been amazing and his general health has also improved. LET'S YOGA! is an application for the Nintendo DS that teaches people about yoga, a series of poses and breathing techniques originating in India that are designed to exercise the body and mind. To use WUF SHANTI YOGA FUN MACHINE, tap Music, Videos, or Games. Tap the play icon on any of the music videos. Tap Videos and choose Poses to watch brief videos, view photo images, and read descriptions of 38 yoga poses. Teens fight monsters in feeble Kevin Smith comedy. Read Common Sense Media's Yoga Hosers review, age rating, and parents guide.