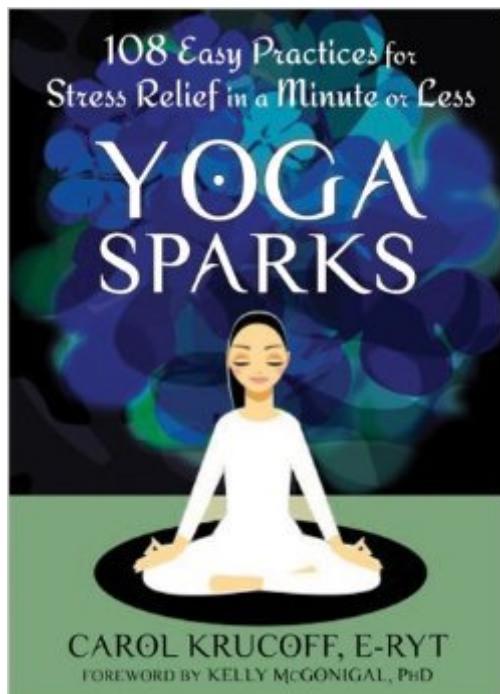


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# **Yoga Sparks: 108 Easy Practices For Stress Relief In A Minute Or Less**



## Synopsis

Given the popularity of yoga in this day and age, you probably know about the benefits it can have on both the mind and body. An increase in positive mood, a decrease in stress, better sleep, and fewer aches and pains are just a few. Maybe you've been busy, and have been meaning to try it; or maybe you have tried it but still find it difficult to fit into your schedule. The most common excuse people give for not exercising is that they have no time. Between work, family, school, and social obligations, many of us are overbooked and scrambling to get things done in our daily lives. But what if there were quick, easy yoga exercises that could be integrated into your daily routine? Yoga Sparks offers 108 quick, practical, and accessible yoga exercises that you can practice anytime, anywhere; no matter how busy or stressful your schedule. In this book, you will learn how yoga in bite-size pieces can become a healthy habit that can relieve emotional stress, increase your physical strength and flexibility, and help you to lead a happier, healthier life. Whether practicing relaxed breathing while in traffic, sitting with proper alignment while working at your computer, or even balancing on one leg while waiting in line, the step-by-step, breath-by-breath practices in this book will help you bring the physical, emotional, and spiritual benefits of yoga practice into your daily life.

## Book Information

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## Customer Reviews

Yoga Sparks invites readers to weave yoga practices easily into everyday life, accommodating the reality that most of us are chronically both busy and stressed. As a psychotherapist, I often recommend yoga to clients seeking inner peace, or respite from life's challenges, but too frequently

they can't find time for a class. In this book, Carol Krucoff offers clear descriptions of a wide variety of practices which can be done in a minute or less. She divides them by settings in which one is likely to use them, including work, home and even in a vehicle. But beyond practicality, this book offers a spiritual rationale for each "spark", giving readers tools for self-soothing, relaxation and grounding. The text and illustrations are warm, clear and gently inviting. This book is a delightful read and a wonderful resource.

A very nice book. Well written. Doesn't talk down to people. I hurt myself and could only do gentle yoga for quite a while. I learned a lot about myself, and about yoga from that experience. Yoga is not about flow or doing hard postures. It's about the small quiet things. This book addresses those quiet things quite beautifully.

This book has so many good ideas that can be used by yogis and by anyone who wants to improve their health and well-being. Sparks in key areas such as posture, breathing and meditation are described very clearly and the illustrations are great. Once I picked up the book I could not stop reading it and immediately started trying some of the sparks. I know this will be a resource that I will use on an everyday basis, especially at work. I look forward to recommending this book to my yoga students and colleagues.

As a yoga teacher trying to engage my baby boomer peers to practice, this book is a great antidote to the common responses: "I'm not flexible enough", "I'm not a pretzel", "I'm too busy", "I have a bad back/knees". Yoga is so much more than that! *Yoga Sparks* explains the 4 dimensions (postures, breath, meditation and yoga principles) of practice in a way that is not intimidating or ethereal. The 108 practices are short, simple and easily attainable for anybody. They will resonate with anyone looking for ways to de-stress, stay focused and fully appreciate all life has to offer even in those daily "grind" moments.

I had the privilege to pre-read *Yoga Sparks* for Carol Krucoff and my review is unchanged from what you will read under "Editorial Reviews". These sparks are so simple and so powerful. Kelly McGonigal's introduction succinctly describes the "how" and "why". If you ever had a person you wanted to introduce to yoga but couldn't get them on a mat...this book will painlessly entice them into creating a new relationship with themselves and eventually others.

This is an excellent book for everyone who likes yoga. If you want to practise yoga but are scared of all those strange and difficult poses-get this book. It's not about poses, it's not about putting your body through some impossible workouts and stretches. It's about living your life in harmony with your body, other people and surrounding world. The exercises are easy and very practical. The pictures are simple, optimistic and pretty. This book has goodness in it.

Carol has written the wonderful traveling companion for any situations that might arise. I have had back problems and I find that many of the exercises she presents do wonders for my posture, my body, and my over all health. I treasure this and highly recommend it to others. It's a quicky with long lasting results.

My most recent yoga purchase, the recently released "Yoga Sparks" by yoga instructor and journalist Carol Krucoff, offers 108 "easy practices for stress relief in a minute or less," that you can do in many settings throughout the day. Whether it's while sitting a red light in your car, doing your laundry, or at your computer at work. What I find most valuable about Yoga Sparks is that Krucoff's techniques which are designed for any yogi, are particularly well suited to the beginner. Krucoff writes clearly and the physical, meditative, and breathing practices she has designed are non-intimidating and accessible for virtually anyone. Krucoff's techniques teach the beginner that yoga is a holistic practice - it's not just about being able to stretch or twist so far. It's also about expanding your awareness, slowing down your pace, releasing stress, and enjoying a greater flow in your life. Yoga Sparks is an easy read that I recommend you do from start to finish. However, its contents are so structured that you can easily thumb through it and find a practice to find your needs of the moment - whether it is to get the kinks out of your back if you have been hunching over your computer or if you need to lighten up or release emotional stress. Yoga Sparks is a wonderful new addition to my yoga library that I intend to refer to often and one that I will recommend to yoga beginners who want to practice at home. It teaches you that you CAN easily add yoga to your day. You cannot use the "I don't have time" tired excuse! You DO have minutes here and there throughout the day. Laura Venecia Rodriguez Author of "Yoga at Home: Gain Energy, Flexibility, and Serenity in 20-30 Minutes a Day"

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