



How to Start Yoga if you're fat and inflexible

Alexa Greene

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How to Start Yoga if you're fat and inflexible Alexa Greene

If you are fat and inflexible there is no better way or time to start yoga. Yoga is an ancient philosophical and physical practice designed to help anyone become the very best that they can be. You might be intimidated by the ideas you have of the people who do yoga. You might think they are all thin and that they can all bend like pretzels. This isn't true at all, and in the first part of the book I will tell you everything you need to know as a bigger and inflexible person to get started. In the second part of the book, I will answer all the weird yoga questions that you could possibly have. So are you up for the challenge?

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