

# [PDF] The Athlete's Pocket Guide To Yoga: 50 Routines For Flexibility, Balance, And Focus

Sage Rountree - pdf download free book

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#### Books Details:

Title: The Athlete's Pocket Guide to  
Author: Sage Rountree  
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#### Description:

**Review** "Since she herself is a triathlete and runner, Rountree knows exactly where you get tight and why, what it feels like before and after certain workouts, the difficulties of combining a good yoga practice with hard training, and what's realistic or not for an athlete." — **SNEWS**

"This sweet little book is a delightful and abundant source of yoga pose sequences. *The Athlete's Pocket Guide to Yoga* is a great resource for yoga teachers and an easy source of inspiration and guidance for beginner to intermediate yogis." — **YogaBasics.com**

"For time-crunched yogis and jocks who don't even identify with the term yogi but want a good stretch or cross-training workout, take a look at *The Athlete's Pocket Guide to Yoga*. With no need to attend a class or even watch a DVD, there's no excuse to not get a few poses in." — **GearJunkie.com**

"Sage shares the benefits that yoga has brought to her life as an athlete and offers easy to follow yoga postures and breathing techniques to help athletes of all sports get started with a safe and effective yoga routine and to help them avoid or rehabilitate an injury." — **Beryl Bender Birch, author of *Power Yoga* and *Beyond Power Yoga*, Director/Founder of The Hard & The Soft Yoga Institute, and contributor to *Yoga Journal***

"Sage's clear approach to incorporating yoga into a training season perfectly addresses all the things athletes need to hear about flexibility and balanced conditioning—and Sage delivers it in a way that athletes can relate to." — **Karen Dubs, creator of the Flexible Warrior Athletic Yoga DVD series**

"If you're an athlete looking for a straightforward, informative guide to yoga, *The Athlete's Pocket Guide to Yoga* is for you. The book is portable, easy to read, and informative." — **BreakingMuscle.com**

### **From the Publisher**

1. "Since she herself is a triathlete and runner, Rountree knows exactly where you get tight and why, what it feels like before and after certain workouts, the difficulties of combining a good yoga practice with hard training, and what's realistic or not for an athlete." -- **SNEWS**
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