



# Yoga for Women

*Shakta Kaur Khalsa*

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## **Yoga for Women** Shakta Kaur Khalsa

Women from every stage of life will learn the healing wisdom of yoga health secrets as passed down through the generations. Featuring exercises that target women's health issues and alleviate the symptoms of menopause, Yoga For Women shows how this ancient practice provides the solution to staying flexible, healthy, and youthful at any age. Packed with more than 500 full-color photographs, healing remedies, tips, and inspiring true stories, this is a practical manual that nurtures and empowers women at every stage of their lives.

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