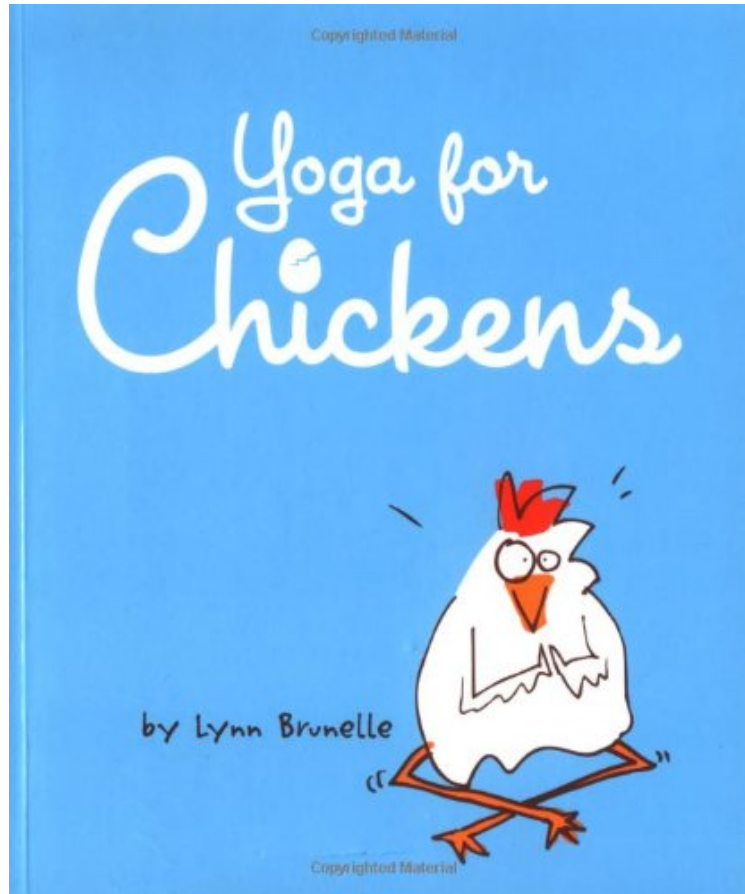


(Download pdf) Yoga for Chickens

Yoga for Chickens

Lynn Brunelle

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Lynn Brunelle : Yoga for Chickens before purchasing it in order to gage whether or not it would be worth my time, and all praised Yoga for Chickens:

1 of 1 people found the following review helpful. This book is great for anyone that desires a heart warming laugh at life By Lola This book is great for anyone that desires a heart warming laugh at life. If you practice or are familiar with Yoga, it will have you rolling on the mat! This is comical and so true to life depicted through the most endearing feathered friends. As a Yoga instructor as well as the owner of 4 beautiful hens, it illustrates life with a touch of humor that we all need. 2 of 2 people found the following review helpful. Yoga for Chickens - Big Fun! By mamatierra I bought one copy of Yoga for Chickens, fell in love with Lynn Brunelle's hilarious illustrations and surprisingly useful (and fully tongue in beak) instructions and commentary. I probably went back to .com and bought (from various book vendors), four more copies to give to each of my yoga instructors and a couple of yoga buddies. Everyone absolutely loved them! 9 of 9 people found the following review helpful. I Ain't No Chicken :-) By A Customer I picked up this book recently from a local Target store and couldn't put it down. The poses are enlightening, and the amount of thought put into this book is encredible. The pictures and humor are funny. This is a great beginner's book to yoga. I've

enjoyed it very much after I bought it just a few days ago. It truly works! I recommend it for anyone looking for a way to release stress and calm down. It's simply wonderful. :-)

Chickens know a few things about feeling fried. That's why they've been practicing yoga for centuries. As this hilariously illustrated guide to simple yoga poses reveals, we have much to learn from their bird-brained wisdom. Anyone who's all cooped up or stressed out by the pecking order will feel like a spring chicken in no time thanks to such postures as Chick's Pose, Snake in the Grass, and Chicken of the Sea. Sections on breathing and stretching enlighten any load, and a series of fix-it routines unscramble such problem areas as neck, thighs, and aching feet. Thoughtful hen koans (why did the chicken cross the road?) and plucky affirmations invite contemplation and are sure to inspire budding yoginis to spread their wings. Googly eyed, combs akimbo, these very funky chickens will illuminate both beginners and the adept, and are sure to make anyone's day more chirpy -- all for a nice cheep price. Even the toughest old bird will crack a smile with Yoga for Chickens.

About the AuthorLynn Brunelle is an Emmy Award-winning writer and illustrator whose projects range from the board game Cranium to PBS's Bill Nye the Science Guy. Her clients include ABC TV, Disney, and Scholastic. She lives in Seattle.