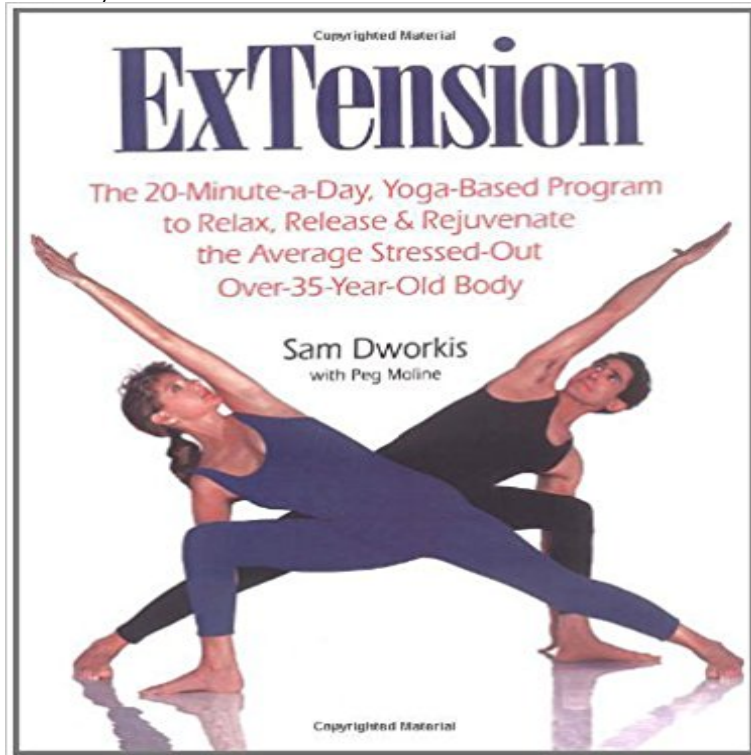


# ExTension: The 20-Minute-a-Day, Yoga-Based Program to Relax, Release & Rejuvenate the Average Stressed-Out Over-35-Year-Old-Body



The gentle yet rigorous discipline of yoga has been used for thousands of years to condition the body and relax the mind. In adapting this ancient system to the Western body and lifestyle, Sam Dworkis has created ExTension, an easy-to-follow sequence of exercises that will enhance every facet of your physical and emotional fitness without injury. Practiced slowly, the ExTension system will relax you; practiced aerobically, it will burn fat. In only twenty minutes a day, using no equipment and little space, you can: -- Reduce stress and relieve tension-- Enhance your energy level and concentration-- Flatten your belly and firm your arms and thighs-- Increase your strength and endurance-- Improve your flexibility and improve your posture. With over 200 photographs and step-by-step instructions, ExTension makes yoga, the most perfect exercise, easy, no matter what kind of shape you're in.

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