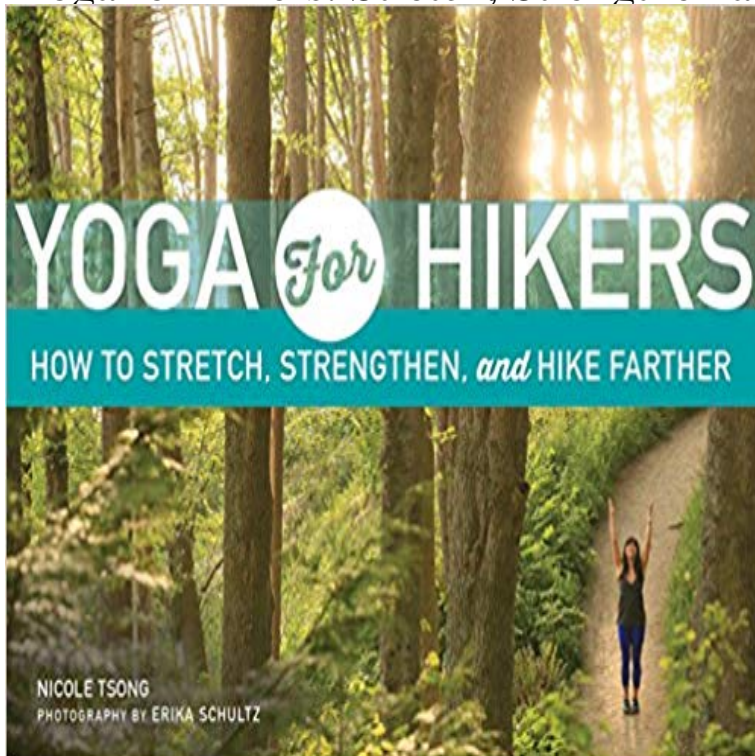


## Yoga for Hikers: Stretch, Strengthen and Hike Farther



Yoga for Hikers will show you how to create a yoga practice at home that will keep you healthy, prevent injuries, and support and improve your outdoor passions. This guide features easy-to-understand yoga poses and sequences designed to address the specific stresses that hiking enacts on the body: the repetitive pounding of your feet on a hard trail; the occasional ankle twists when you misstep on a root; the strain on your knees from descending hundreds of feet of elevation; and more.

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