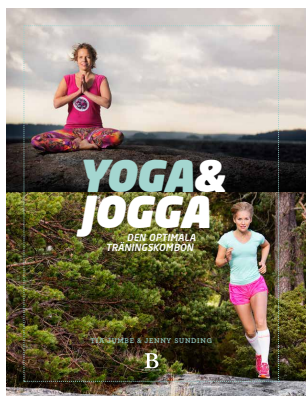


YOGA & JOGGING



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Why yoga and jogging make the optimal training combination
Without breathing – no life
Better stamina for life and enjoyment
An agile body and mind
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Yoga & jogga

Tia Jumbe & Jenny Sunding

208 pp

In Yoga & jogging you'll find all the advice you need to start the lovely combination of yoga and jogging.

People who go jogging will get to find out why yoga is so good for you, tips on how they can start and the form of yoga that would suit them best. Have you got a marathon run lined up? Use the book's combination programme for various levels: to manage 5 or 10 kilometres, or to do those kilometres faster.

People who already do yoga can find out how a bit of running can warm them up before they do their stint on the mat. Here is a yoga/jogging programme for those who want to start running – and want to enjoy stronger legs and better stamina on the mat!

This book is aimed at the hundreds of thousands of women who do yoga or go jogging, and are curious about an optimal combination of the two.

About the authors:



Tia Jumbe is a journalist, author and yoga teacher, and in recent years has been mainly working with developing new newspaper concepts. Tia has contributed to *Mindful eating – how to make peace with your body and food*, which was published in the autumn of 2014, and written *Yoga diary*, 2014.

Jenny Sunding works as a journalist, PT and running coach. She studied Athletics science at Brunel University in London and journalism at Uppsala University. She has also gone on a lot of short courses within the field of training, running and nutrition.