



# Fountain of Youth Exercises: For Vitality, Radiance, Joy & Fulfillment in Fifteen Minutes

*Naomi Sophia Call*

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Drawing upon the ancient wisdom of Tibetan monks, yoga practitioners, and indigenous people, this manual for youthful living is an informative guide for inspiring those approaching, or in the second half of life to feel and look great. A combination of do-in--an ancient technique of self-massage that strengthens the chi and circulation and warms the body from the inside out--yoga poses, and breathing exercises, this program offers a simple approach that can be done in the comfort of the home. An immediate understanding of how to breathe will help practitioners live in a more conscious and efficient way, and the poses will build confidence for a healthier, longer life. A well-researched study, that also embodies the importance of nutrition and our lifestyle, this is an invaluable tool for nourishing our inner and outer radiance.



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