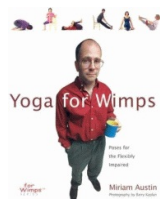


BrooklynShoeBabe's Easy Yoga Playlist

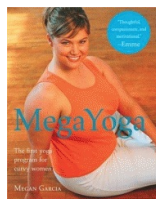
Easy Yoga and Exercise vidoes and books.

Created by BrooklynShoeBabe



Yoga for wimps

Miriam Austin ; photography by Barry Kaplan.



MegaYoga

Megan Garcia ; photography by Kellie Walsh.

Chair Aerobics

http://www.youtube.com/playlist?action_edit=1&list=PL93899667CF875CF3

Chair Yoga Playlist

http://www.youtube.com/playlist?list=PLbiF4PwyowdyNLBdGILGMR9SbvBYm9S0t&action_edit=1

Yoga Modified for the Plus Sized

<http://www.youtube.com/playlist?list=PLbiF4PwyowdyAMfLwFqwDM9CDegtotaqd>