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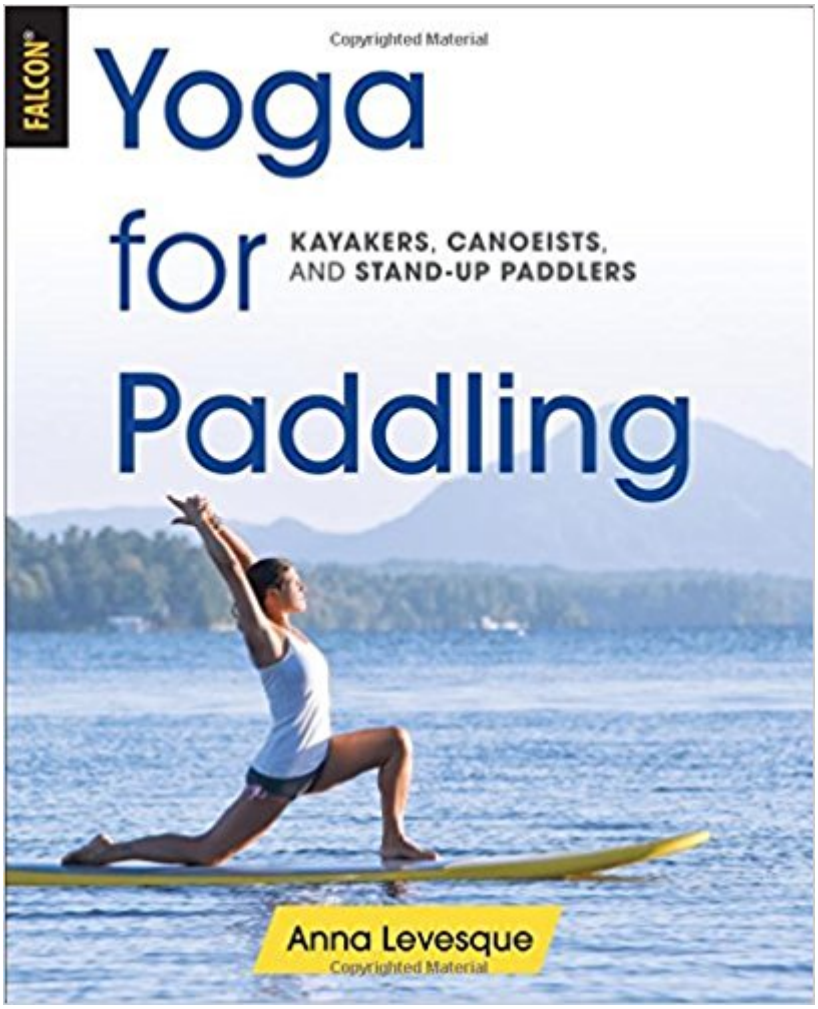
Yoga For Paddling



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Synopsis

Yoga for Paddling is a visual, instructional guide designed to walk readers through 30 -35 yoga poses that are effective in stretching the muscles that paddlers use most, and strengthening the muscles that they use least. The book includes chapters on anatomy and alignment principles specific to the movements of paddling for kayakers, canoeists, and SUPers, and includes tips on proper paddling technique, performance focus, relaxation, and short stories about paddling injuries healed via yoga. One to three photos demonstrate each pose, with clear, concise text on how to get into and hold the poses.

Book Information

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Customer Reviews

Ã¢â ¬Å“Anna has sold me on Yoga for Paddling for sure. I need to balance my body to keep paddling into my sixties and Yoga for Paddling provides clear and well-written information to help me accomplish that.Ã¢â ¬Â• Ã¢â ¬â œSean Morley, accomplished coach, expedition and surf kayaker who completed the first solo circumnavigation of the UK and Ireland by sea kayak in 2004, was crowned Masters World Surf Kayak Champion in 2007 and broke the record for the fastest circumnavigation of Vancouver Island in 2008Ã¢â ¬Å“Anna has been a huge mentor for me and pushes every human to be the best human they can be. Yoga for Paddling is a great addition to paddlersÃ¢â ¬â„¢ libraries for helping to reduce the aches and pains of everyday life and kayaking. Keep this book close by both on your paddling trips and at home.Ã¢â ¬Â• --Adriene Levknecht, Canoe and Kayak magazineÃ¢â ¬â„¢s 2016 Female Paddler of the Year, seven-time Green River Race Champion, Bronze Medalist at the 2013 World Freestyle Championships, First Descents lead

staff and kayak instructor at Nantahala Outdoor CenterÃ¢â ¬Å“Yoga for Paddling has inspired me to bring more balance to my body by making time for yoga practice in my fitness routine. AnnaÃ¢â ¬â„¢s book provides helpful information and guidance to help me get started and develop an effective practice.Ã¢â ¬â Ã¢â ¬Â• --Travis Grant, two-time Molokai to Oahu SUP Champion, Baddle of the Paddle SUP long distance champion and accomplished outrigger and SUP racer, surfer, and paddlerÃ¢â ¬Å“As an avid canoeist for over thirty years, I sometimes worry about how my body will handle the next thirty. With Yoga for Paddling as a guide, I am confident that I can balance and maintain the strength and flexibility I need to continue in the sport I love. Thanks to Anna's well-laid out book, I look forward to canoeing with my grandchildren someday.Ã¢â ¬Â•--Eli Helbert, Open Canoe Freestyle Rodeo World Champion, 1999-2003, 2006, North American Open Canoe Slalom Champion, 2005-present, 1st Open Canoe to race the Green River Narrows, over 30 US National Championship titles in Open Canoe Freestyle Rodeo and Open Canoe Slalom

Anna Levesque is the leading expert on kayak instruction for women and yoga for paddling. Named one of the most inspirational paddlers alive by Canoe and Kayak magazine, she has been featured in landed Time, Shape, and Self magazines. She is an American Canoe Association (ACA) Whitewater Kayak Instructor Trainer, Stand Up Paddleboard Instructor Trainer, and a 500 RYT (500 hour Registered Yoga Teacher) with Yoga Alliance. She is a Level 4 certified ACA whitewater kayak Instructor Trainer, a Level 5 certified ACA whitewater kayak instructor, a Level 2 certified ACA stand up paddleboard Instructor Trainer, an ACA SUP Yoga Teacher Trainer and a member of the ACA SUP Standards Committee, and is the founder/director of Girls at Play and Mind Body Paddle. As an athlete Anna was a member of the Canadian Freestyle Whitewater Kayak Team from 1999 to 2003 and earned a bronze medal at the Freestyle Kayak World Championships in 2001.

I have had the opportunity to take kayaking clinics with Anna where I was introduced to the principles and practices presented in this book. I was not a regular yoga practitioner, but used poses I learned from Anna because they really helped reduce pain in my hips and back. I can now put together an expanded routine tailored to my needs based on the concise instructions in this well-illustrated book. This information is right on target for reducing pain, correcting muscle imbalance and improving flexibility for paddlers. Anna’s emphasis on small details of body position greatly enhances the effectiveness of each pose. I engage in other activities (horseback riding, gardening) that also cause imbalance and soreness in my hips and back. Although this book is

focused on paddling, I find benefits carry over into my other pursuits.

Being a professional boater and certified yoga teacher, Anna is uniquely qualified to address the needs of the average paddler. But what's even more interesting is that this book is also great for the average desk worker. Paddlers and desk workers hold similar poses: seated position, body slightly folded forward, back rounded, arms reaching forward. So this book can be useful for the paddler and your average office worker!The book starts out describing yoga and the anatomy of paddling. It moves on to exercises one can do. The book is nicely divided into chapters that cover body parts (legs and hips, head and neck, etc.). The book has great images that sometimes show proper and improper form, so you can identify the the errors you may make. The descriptions are detailed yet understandable. I think this is a great adddition to any paddlers' or yogis' library!

I received this book as a gift from my wife. I am an avid paddler, and before my wife was too cluttered studied yoga privately, as the author describes- where my teacher very carefully considered my needs and abilities and put together a practice that would best benefit my circumstances. Even after some time off, as I am resuscitating my practice I feel like I have a pretty good idea what yoga is about, but what I lack is the knowledge of the specific elements of a practice based largely on improving paddle fitness to push my practice in that direction. I felt that this book covered the subject thoroughly and clearly (which are not always the same) to the point where I feel like I can put together a great practice, and actually feel like there is room to grow. As for its effectiveness-- I guess I'll have to update my review in 6 months or so to see how well it's going, but I'm sure it will be a benefit to my paddling.

I bought this book at a book signing from the author. I am a paddler and have been looking for ways to up my game and gain flexibility. What I like about this book is the ability to custom your workout. There are easy, medium, and more difficult poses for working each area. The book is easy to understand and the pictures are clear to help you with the poses. It describes why the poses are good for your kayaking. Honestly this book would be good for anyone trying to increase their flexibility and start a yoga routine they can keep up even if you don't kayak. I have been using it once a day and finally found a yoga routine I can stick to.

As a person who used to feel I wasn't exercising unless I was out of breath and had my heart rate way up, yoga has been a new experience for me. I have tried to "push myself" in yoga as well.

Anna’s approach to wellness and self care is a breath of fresh air for me. I love her emphasis on learning what my body actually needs rather than just trying to push myself to satisfy my ego. I am a 56 year old whitewater paddler and I hope to continue this sport for many years to come. Using Anna’s techniques for alignment, and targeting the appropriate muscles, I feel confident I will be able to do that. I find my practice is also improving my everyday wellness and sense of calm. It’s all about giving my body what it needs in a loving and gentle way.

My wife bought me the book after we attended Anna’s presentation in Cary, NC. I am an avid whitewater paddler and have practiced yoga on and off for years. I found it fascinating that many of the muscle tightness and flexibility issues that occur to an office worker (me) also happen to paddlers who sit in kayaks (me). I plan to use this book regularly to improve both my health and paddling. My wife is an avid yoga practitioner but not a paddler. Ironically, when I look for the book at home I have been finding it by her yoga mat. She has found it very useful just to get a different perspective for her own practice. All in all, a great book for anyone looking to improve their flexibility, strength and overall health. Thanks Anna! Rick Higgins

Am very impressed and pleased with the amount of detail and knowledge that Anna poured into this book! Before it was published she had helped point me in a direction to pursue to address hip pain after changing boats. The book expanded greatly on that process, both how it happened and how to get back to boating and being able to walk after a day of hard maneuvers on the water:) Every morning I take about 45 minutes to an hour to do a boating-specific yoga sequence. It’s only been about a month since this process started, but already I can move more freely and even took the long boat out last weekend on some high water without pain during or afterwards! If you boat and really like to boat, I heartily recommend this book.

Yoga for Paddling, is a very smart, comprehensive resource for kayakers, canoeists, and standup paddlers alike, to learn the holistic benefits of yoga, broken down into terms the ÃƒÂ¢Ã â ¬Ã Å“non-yogiÃƒÂ¢Ã â ¬Ã Â• can easily understand and implement into their sport, as well as their daily life. As a yoga, SUP yoga, and Pilates instructor, and an avid paddler myself, I highly recommend reading Anna LevesqueÃƒÂ¢Ã â ¬Ã â„¢s Yoga for Paddling, to any paddler who is interested in learning more on how yoga can be of a benefit to them in their specific sport, or to any yogi or yoga teacher who is interested in learning more on how they can formulate a session to benefit those who paddle.

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