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Yoga for Chickens

Lynn Brunelle

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Yoga for Chickens

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Yoga for Chickens Lynn Brunelle
Chickens know a few things about feeling fried. That's why they've been practicing yoga for centuries. As this hilariously illustrated guide to simple yoga poses reveals, we have much to learn from their bird-brained wisdom. Anyone who's all cooped up or stressed out by the pecking order will feel like a spring chicken in no time thanks to such postures as Chick's Pose, Snake in the Grass, and Chicken of the Sea. Sections on breathing and stretching enlighten any load, and a series of fix-it routines unscramble such problem areas as neck, thighs, and aching feet. Thoughtful hen koans (why did the chicken cross the road?) and plucky affirmations invite contemplation and are sure to inspire budding yoginis to spread their wings. Googly eyed, combs akimbo, these very funky chickens will illuminate both beginners and the adept, and are sure to make anyone's day more chirpy -- all for a nice cheep price. Even the toughest old bird will crack a smile with *Yoga for Chickens*.

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