

# Stretch With Sarah Eliza Ankum: A Transformative Guide to Flexibility and Well-being



**Stretch & Sarah** by Eliza D. Ankum

★★★★★ 5 out of 5

Language : English  
File size : 10293 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 202 pages  
Lending : Enabled  
Paperback : 91 pages  
Item Weight : 7.2 ounces  
Dimensions : 6.1 x 0.22 x 9.1 inches

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In her new book, *Stretch*, Sarah Eliza Ankum presents a comprehensive guide to flexibility and well-being. This beautifully illustrated volume features 50 poses, breathing exercises, and meditations that are accessible to all levels of practitioners.

Ankum, a certified yoga and Pilates instructor, has drawn on her years of experience to create a book that is both practical and inspiring. She believes that stretching is not just about improving physical flexibility, but also about cultivating mental and emotional well-being.

"Stretching can help us to release tension, reduce stress, and improve our overall sense of well-being," says Ankum. "It can also help us to connect with our bodies and minds in a more mindful way."

The book is divided into four sections:

- **The Basics of Stretching:** This section provides an overview of the principles of stretching, including how to warm up, cool down, and avoid injury.
- **50 Illustrated Poses:** This section features 50 illustrated poses that are designed to improve flexibility in all areas of the body.
- **Breathing Exercises:** This section provides a variety of breathing exercises that can be used to enhance the benefits of stretching.
- **Meditations:** This section provides a variety of meditations that can be used to promote relaxation and well-being.

*Stretch* is a valuable resource for anyone who wants to improve their flexibility and well-being. Whether you're a beginner or an experienced practitioner, you'll find something in this book to help you reach your goals.

## About Sarah Eliza Ankum

Sarah Eliza Ankum is a certified yoga and Pilates instructor with over 10 years of experience. She is passionate about helping others to improve their flexibility and well-being. She lives in New York City.

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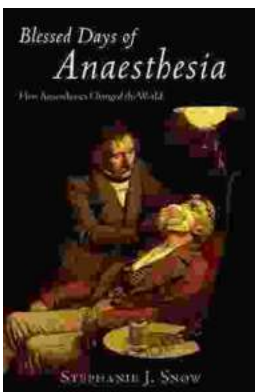


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