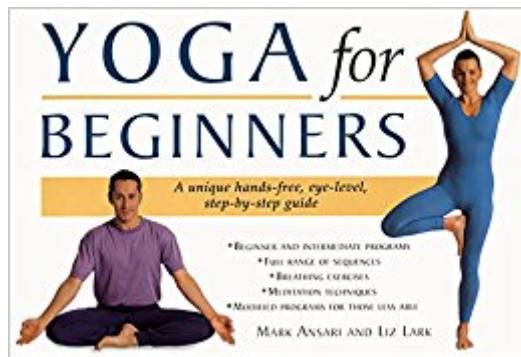


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# Yoga For Beginners



## **Synopsis**

A unique hands-free, eye-level, step by step guide Beginner and intermediate programsFull range of sequencesBreathing ExercisesMeditation techniquesModified programs for those less able

## **Book Information**

Series: Yoga for Beginners , A unique hands-free, eye-level, step-by-step guide

Spiral-bound: 96 pages

Publisher: William Morrow Paperbacks; 1St Edition edition (January 6, 1999)

Language: English

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Product Dimensions: 8 x 0.7 x 10.6 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 75 customer reviews

Best Sellers Rank: #277,587 in Books (See Top 100 in Books) #51 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #716 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #10921 in Books > Parenting & Relationships

## **Customer Reviews**

Liz Lark is an experienced yoga teacher who has studied in India and Thailand. She conducts workshops internationally and lives in London, England.

Good book, but hardly for beginners. There is a little material designed for the real beginner, but not much. Some of the body contorted moves pictured are laughably difficult even for someone with moderate yoga experience. The book is slick with beautiful photos to illustrated the yoga positions, which is much more helpful than books with drawings only.

This is a great book for those who would like to start a home yoga practice. This book will explain what equipment you will need (not much), cover breathing, preparation stretches, an hour long beginners program and separate intermediate program. All poses have step by step instructions and associated pictures, modifications, how long to hold the pose and a description of what each pose means and its benefit. There is a short history of yoga as well as additional breathing and meditation practices. Lastly the book stands up on its own so you can reference it easily while doing poses and turn the pages at your own pace. For someone like me who has wanted to take up yoga

but doesn't have much extra time to go out to classes and can't afford them anyway, this book is a great tool.

Have returned to my previous love of yoga; I am a senior citizen and this helps me with strength and balance. The book has all the instructions and pictures of poses that I need to reintroduce myself to yoga.

In some cases it's assumed you already know some terminology or poses. But I get use out of it and find it very helpful. I really enjoy using it in conjunction with the Idiot's Guide to Yoga. I think as a complete novice/beginner, the two together help me.

I've read at least 15 books (as of 9.2004) on Yoga and this one is one of the most informative and easy to use. It also has advanced moves for when you progress. I use Yoga to compliment my long-distance running and weight lifting. I broke my back (L5-S1) about 5 years ago and needed surgery. I vowed to never let myself suffer again. With a combination of weight lifting and Yoga, I think you can almost guarantee success. You will not feel intimidated using this book. The moves are adequately explained and most importantly details what areas of the body are stretched/enhanced with each move.

easy to follow along

Great condition, prompt delivery. Easy instructions, simple to follow for us beginners.

Nice illustrated book. It can be kept open at eye-level to see the illustration while practicing.

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and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect for Beginners with Yoga Poses Raja Yoga Explained: Yoga for Beginners Guide Yoga for Beginners With Over 100 Yoga Poses (Boxed Set): Helps with Weight Loss, Meditation, Mindfulness and Chakras Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Gardening: Gardening For Beginners: A beginners guide to organic vegetable gardening, beginners gardening (gardening for beginners, Gardening, Vegetables, marajuana, Permaculture) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) Yoga Diet: How to Energize Your Yoga Practice and Nourish Your Body for Optimal Health and Happiness

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