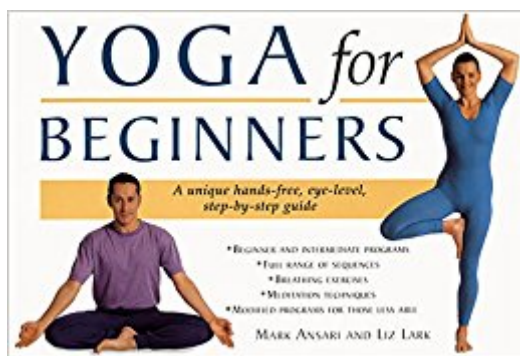


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Yoga For Beginners



Synopsis

A unique hands-free, eye-level, step by step guide
Beginner and intermediate programs
Full range of sequences
Breathing Exercises
Meditation techniques
Modified 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

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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 illustrate 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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