

15 Yoga Poses for beginners



Yoga For Beginners 2025

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The 2025 All Round Yoga Guide Elira Daevi,2025-06-08 Whether you're stepping onto the mat for the first time or deepening a lifelong practice The 2025 All Round Yoga Guide offers everything you need to build a yoga journey that's both grounded and expansive This is not just another book of poses It's a thoughtful, thorough and deeply human guide that meets you exactly where you are physically, mentally and spiritually Across nine rich chapters and a 21-day guided practice plan you'll explore the full spectrum of yoga from foundational alignment and breathwork to emotional resilience, inclusive modifications and personal growth beyond the mat You'll learn how to create your own sequences, navigate restlessness and discomfort, and adapt your practice to different seasons of life including aging, illness and recovery Each chapter opens new doorways into stillness, strength, self-awareness and presence Written in a warm, clear voice by Elira Daevi, this guide is rooted in ancient wisdom but speaks to the modern world with clarity and compassion Whether you're drawn to yoga for physical strength, inner peace or spiritual exploration, this book will help you shape a practice that evolves with you, not just through life's challenges, but through your own deepening relationship with yourself This is your companion on the mat and beyond Real, Flexible, Alive

Books and Pamphlets, Including Serials and Contributions to Periodicals Library of Congress. Copyright Office,1977-07 *Yoga and Tourism* Nazia Ali,2025-11-18 This timely and innovative book is the first to provide an in-depth and interdisciplinary exploration of yoga and tourism It considers a range of perspectives, places and possibilities for the planning, development and management of yoga tourism around the world International in scope and appeal, the book features case studies and examples from the global North and South, providing an innovative approach to the analysis of yoga and tourism This includes the use of the critical turn to frame discussion, the inclusion of postcolonial, decolonial ideas and linking yoga tourism to concerns over sustainability in a tourism context The volume highlights a variety of yoga tourism destinations and covers a range of emerging topics such as yoga tourism in relation to soft power, race, racialization and the negation of Western and non-Western notions of yoga in view of tourism This book will be of pivotal interest to scholars, students and academics of health and wellness, tourism, product development and heritage tourism, as well as practitioners in these areas

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