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Poses

for beginners



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strengthen your mind as well This book covers the following topics and more Five basic approaches to Yoga Selecting a Yoga class Practicing Yoga safely The mechanics of Yogic breathing Classic foundational postures Exercises to target problem areas Putting together your personal routine Yoga for special situations The focus on this book is on Hatha pronounced haht ha Yoga which is that branch of Yoga that works primarily with the body through postures breathing exercises and other similar techniques When necessary the book provides helpful photos or illustrations to help you better understand the exercises or postures One author Georg Feuerstein is internationally recognized as a leading expert on the Yoga tradition and has authored many seminal works on it The other author Larry Payne has a thriving practice as a Yoga teacher in Los Angeles where he teaches and responds to his clients specific health challenges In this book their combined 55 years of experience have merged to create a reliable and user friendly introductory book that can also serve you as a beginner s reference work on an ongoing basis

A Compendium of the Raja Yoga Philosophy Śaṅkara Ācārya,1888 The Utne Reader ,2000 **A Treatise on the Yoga Philosophy** Nobin Chunder Paul,1888 **Shambhala Sun** ,1994 *New Age Journal* ,1996 The Yoga-system of Patañjali Patañjali,1927 **Natural Health** ,2003 **McCall's** ,1998-07 *New Woman* ,1998 Shape ,1995 *Hatha Yoga* Yogi Ramacharaka,1904 **Rāja Yoga Messenger** ,1923 *Discourses on the Bhagavat Gita* Tiruvalum Subba Row,1888 **Mother Jones** ,1998 The Modern Review Ramananda Chatterjee,1922

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