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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 **New Age Journal** ,1996 *The Publishers Weekly* ,1914 Billboard ,2000-12-16 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends Râja Yoga Messenger ,1923 **The Indian Calendar** Robert Sewell,Śaṅkara Bālakṛṣṇa Dīkshita,1896 *United States Economist, and Dry Goods Reporter* ,1912 *The Yoga-system of Patañjali* Patañjali,1927 **Planning Your Career in Alternative Medicine** Dianne J. Boulter Lyons,1997 The burgeoning popularity of alternative medicine has created a growing need for professionally trained practitioners This indispensable guide for prospective students is packed with resources schools and other educational opportunities in areas from Chinese medicine and massage therapy to chiropractic and applied kinesiology *New York* ,1998 **The Utne Reader** ,1995 **Century Path** ,1909 **New Century Path** ,1902 **The Indian Historical Quarterly** ,1930 School Library Journal ,2005

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