



YOGA GUIDE FOR BEGINNERS

Yoga For Beginners In The Us Warranty

Doug Swenson



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Yoga For Dummies Georg Feuerstein, Larry Payne, 1999-03-15 Yoga is not a fad It has been around in the United States for over a hundred years and has a history of approximately five millennia It is clearly here to stay Yoga has brought health and peace of mind to millions of people It can do the same for you The benefits of Yoga are many When adopted as a lifestyle Yoga extends over the entire day Find out how this can be done and why Yoga is so often loved by people who are Interested in becoming more fit and flexible Looking for stress relief Seeking to live a more peaceful and joyful life Yoga For Dummies guides you slowly step by step into the treasure house of Yoga And it is a fabulous treasure house You will find out how to unlock your body s extraordinary potential

and enlist your mind to do so and in the process 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
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