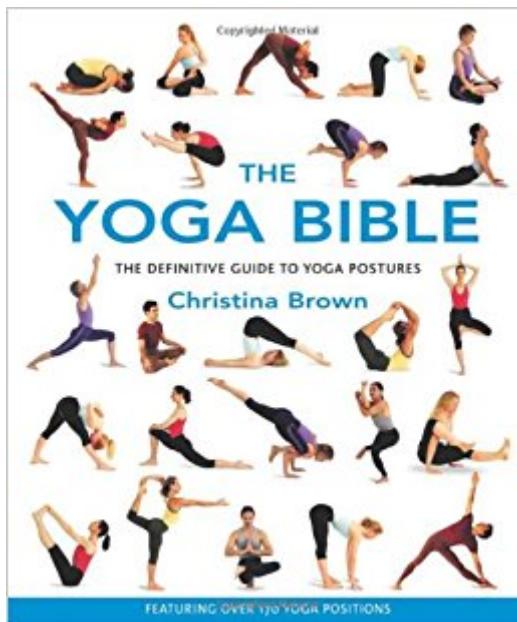


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# The Yoga Bible



## **Synopsis**

Featuring over 150 yogic postures from the main schools of yoga, including Iyengar and Astanga Vinyasa, this book is a comprehensive illustrated step-by-step guide to achieving each posture. It offers advice on altering postures where necessary, enabling beginners to try more difficult positions. Experienced yoga practitioners will also find a number of challenging, advanced positions--perfect inspiration for developing their practice. In addition to postures, the book includes notes on various types of yoga practices as well as a summary of well-known traditional schools of yoga and how they vary. Readers will also find advice from the author on breathing techniques and the benefits of yoga in healing, pregnancy, de-stressing and meditation.

## **Book Information**

Paperback: 400 pages

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ISBN-10: 1582972427

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Product Dimensions: 5.5 x 1.1 x 6.6 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 371 customer reviews

Best Sellers Rank: #7,376 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #15 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #19 in Books > Sports & Outdoors > Hiking & Camping

## **Customer Reviews**

Christina Brown lives and breathes the philosophy of a natural life. A long-time yoga and complementary medicine practitioner, she has studied and taught yoga internationally. She runs Yoga Source in Sydney, Australia, where she also conducts workshops on Ayurveda and Anti-Aging Facial Yoga. --This text refers to an out of print or unavailable edition of this title.

I will mirror close to everyone else who has reviewed this product in saying that if it was spiral-bound it would go from being a great book to a near-perfect book. But the occasionally difficult-to-manage perfect binding is not a major deficit to a very well conceived and organized book. Not only are the asanas arranged according to general bodily position (sitting, standing, etc), but they also are arranged in a sequence that flow, so the following is one that would realistically be

something that would follow the preceding. So you can intuitively hash out where the position you want is without having to return again and again to the index. At least that's my experience. Each asana is also labeled with lead ins, variations, and other helpful information, and many of the more complex ones have the sequence to enter it. Every single thing in the book is accompanied by good, full color, unambiguous photographs to compare against. If I lost it I would buy another copy. I think that's about the best praise I can give a book like this.

Nice addition to your yoga library. Book is very thick with a standard book binding, so it won't lie flat when open, which would be a big plus.

I like the illustrations and text but the book is small and bulky. The pages don't stay open since it's too small and thick. Might be a good idea to change the dimensions for the book as most readers probably intend to use it while doing yoga. I had to find a clip to keep the pages open and it still tends to close on me.

This is a great book if you are just starting yoga! Because I am just starting to integrate yoga into my daily life, I was seeking a book that would help me find the best type of yoga for me, along with poses that I could use when I am not able to access online resources. This book was perfect just for that! It explains everything a beginner should know about yoga, and I am truly using it as my "bible". It is great for marking pages for your favorite poses, and the pictures and descriptions of how to get in the poses are very helpful. Definitely worth your money if your looking for an "all-in-one" sort of book about yoga.

Depictions are too the point and not overly long. I've been reading it for a little while now. not yet finished but I'm liking it.

Good guide to poses, though not quite as much detail as I would like. Still is a good place to start, and it's small size is easy to store

If you're a yoga instructor this is Great for coming up with ideas for a class! Unfortunately They don't have sequences set up it's just a list of all the poses

Great for a yoga teacher to share different aspects of yoga with their students and keep coming

back. The parts are broken into digestible chunks. The asanas includes the benefits, prep poses, counter poses and posture effects. You can explore a pose or create a sequence based on your needs. Great for teacher or student.

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