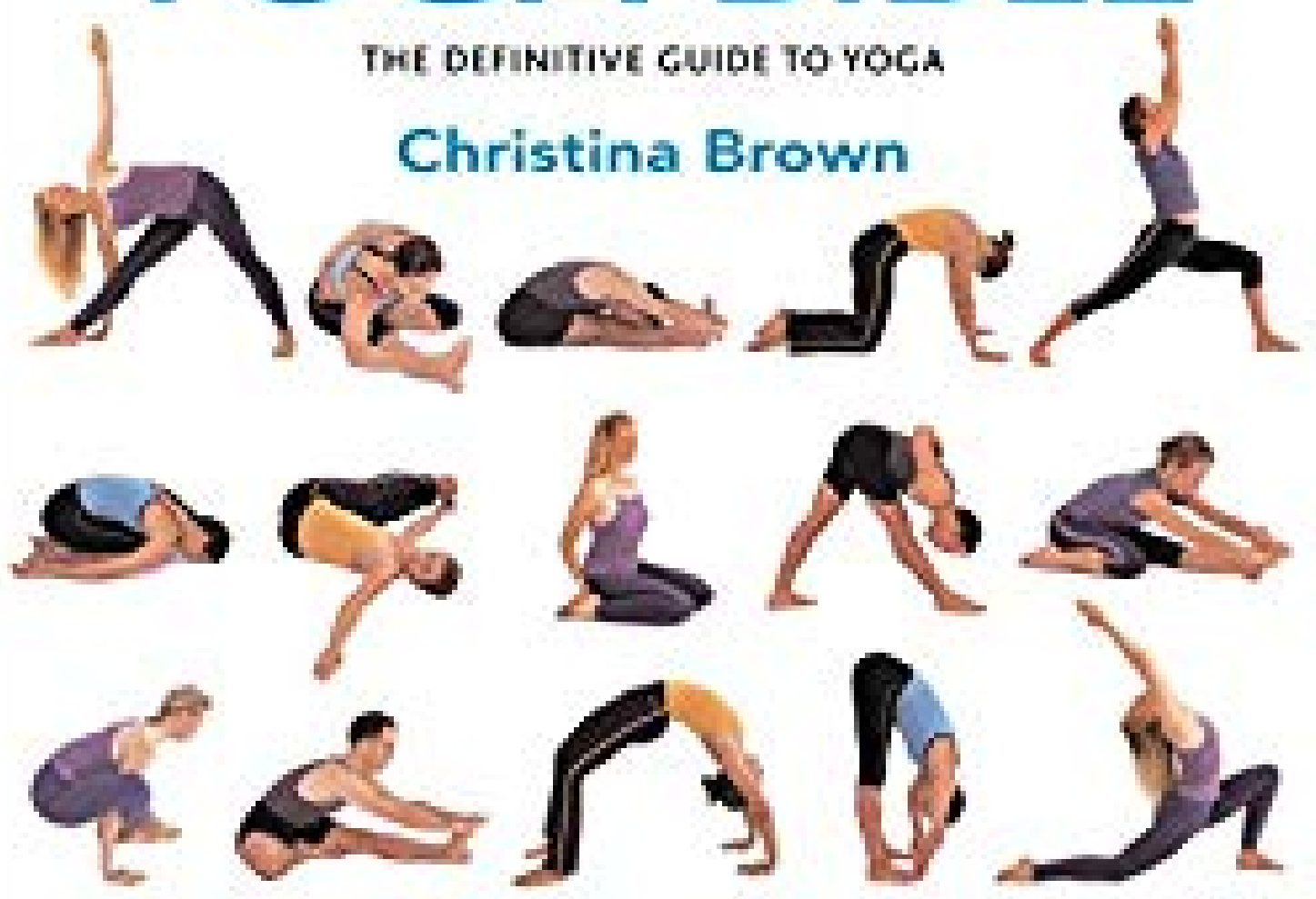




THE
YOGA BIBLE

THE DEFINITIVE GUIDE TO YOGA

Christina Brown



FEATURING OVER 150 YOGA POSITIONS

Christina Brown

The Yoga Bible



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The book encourages yoga exercises beginners and experts as well to find a yoga sequence that matches their personal demands and capabilities. Featuring over 170 postures from the primary schools of yoga exercise, The Yoga Bible is the ultimate, comprehensive information to practicing yoga and getting a mental and physical balance in life. Yoga exercises brings not just a suppleness to your body but also a sense of spiritual and physical well-being to those that practice it.



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Add a spiral binding! I just started yoga a few months ago and this book has been a great reference to review all the poses I've learned. I actually also enjoy that it switches into details explaining the types of yoga, origins, etc. just fantastic I will mirror near everyone else who has reviewed this product in telling that if it had been spiral-bound it could go from being a great publication to a near-perfect publication. However the occasionally difficult-to-manage perfect binding is not a significant deficit to an extremely well conceived and structured book."What really makes this excellent book unique is that it shows such a wide selection of yoga asanas (Postures). So you can intuitively hash out where the position you want is without needing to return again and again to the index. At least that's my encounter. Happy yogi! Each and every thing in the book is associated with good, full color, unambiguous photos to compare against. EASILY lost it I'd buy another copy. I think that's about the best praise I can provide a book like this. I really like this yoga bible I love this yoga bible!50 and was done within a quarter-hour. I've actually enjoyed this publication, though it might be small and thick it includes a ton of information and with utilize it will not be as stiff. The pages are printed on quality paper and how big is the book makes it easy for travel. Like others mentioned, the binding helps it be difficult for the book to remain open therefore i got a spiral bound placed on it and I'm happy on how it turned out - it was only 7 bucks. Thanks a lot Fedex, nice work. This book is invaluable. I have been in to the martial arts and conditioning all my life. I've recently included yoga exercise postures into my regular workout routine. Whenever I enter any fitness routine I read whenever you can about the subject. user friendly and follow clear to see and follow. This amazing volume has over 170 yoga positions plus they all are completely color showing the postures. I can't believe just how much useful information is loaded into this pocket-sized book. I would recommend this book! The second part may be the longest section and addresses the real practice of the yoga exercise movements. Incredibly helpful in breaking down poses! The third part is important because it focuses on the usage of yoga exercises for different medical and physical circumstances. It's made to be considered a reference book not really a step by step flow guide so do not rate this book predicated on not supporting a feature it's not designed for. This section also explains the "nine branches of the tree of yoga exercise. Not only are the asanas arranged regarding to general bodily position (sitting, standing, etc), however they also are arranged in a sequence that flow, so the following is one that would realistically be something that would adhere to the preceding. Within my advanced age and skill level I possibly could never do many of these yoga exercises postures; This publication has been incredibly useful in breaking down poses. This short review cannot do this book justice, and when you are seeking a clear color reference publication on the many yoga asanas (Postures) this reserve is for you. At this time that is my favorite yoga book. Rating: 5 Stars. Joseph J. Truncale (Author: Tactical Concepts of the very most effective combative systems). Part one provides a detailed intro of what yoga is and the various kinds getting practiced. The postures are well described with different options for novice or advanced and includes great pictures. It explains preliminary methods, standing postures, seated and ground postures, twists and stomach toners, arm balances, backbends, inversions, relaxation, pranayama, inner energy locks and yogic cleansing practices. I'm new to yoga, and I'm still learning the basics. however, there are enough simple and newbie yoga postures to apply in this volume. Certainly phenomenal! Please be aware this book is helpful information to how to achieve poses and provides you advise with what poses pair well with others in your circulation. The final part is about finding your yoga and determining everything you would like from the practice. Get it spiral bound This book has the degree of detail that I wanted with pictures to go with it. Offers you counter poses along with methods to lighten it for the days when you need to. It's a gift It's something special for my wife who lives her yoga Helpful Nice yoga posture reserve. Better than trying to view a dvd and blu-ray or video on how best to do the poses Phenomenal resource for my upcoming RYT-200 training! Our Office Depot didn't have the proper cutting gear. I took it to a local place plus they did a perfect job on it. It price me \$6. I'm newer to yoga and this content of the reserve has all the information I want to know about yoga. Now it's ideal. Really helpful teaching companion This is an

extremely wonderful addition to my growing yoga book collection. I was recently authorized to teach and am always looking for new poses to add to my rotation, this book provides plenty, at varying levels. Each pose includes a detailed description, explaining how to get into the pose and also how to hold the pose correctly. In addition, it offers ideas for modifications. I love that the book utilizes the non-Sanskrit brands for the poses as most students could be more familiar with these terms. I do desire the book's binding was a bit more malleable for ease of use while practicing. Nevertheless, the descriptions of the poses are accurate more than enough for a newbie, or amateur.). At the recommendation of another reviewer, I got it spiral bound so that it would lay flat. I got it spiral bound at Staples for about \$6, which actually helped having the ability to use it while practicing! Beautiful photos to use for reference alongside detailed guidelines on how to execute the moves. Very helpful for your yoga trip! Fantastic book! I've yet to find a anything that so simply lays out postures in English and Sanskrit with full descriptions. Also background, terminology, styles, meditation, and then some. (And trust me, I've looked! 111 was a fascinating surprise rather than one I think I am including in my own rotation!Each asana is also labeled with lead ins, variations, and other helpful information, and several of the more complex ones possess the sequence to enter it. Very good I really like the book. I see why there are so many positive reviews about his Yoga exercise Bible. Would not recommend. Does not appear to break down asanas perfectly. I have been practising hatha and vinyasa for several years and the very best teaching methodology is to breakdown poses with breathing in a very clear and an easy task to follow manner. Regarding yoga, I've read several books and articles recently and I have to say this fantastic book (The Yoga exercises Bible: The definitive information to yoga postures by Christina Dark brown) is the best book I've ever read on yoga. Highly recommend doing this. To the reviewer who submitted the tip about adding on spiral binding, you are my favorite person in the world at this time! I went straight to FedEx Office the moment my book arrived.This wonderful 400 page book is organized into four parts. Everything you want to understand about Yoga postures, locating your spiritual balance in life and learning Sanskrit terms are available in this definitive little resource. I'm thinking about starting my Yoga instructor training next 12 months but didn't wish to proceed in blind, so to speak. A beautiful and fantastic fully illustrated book for anybody interested in Yoga. Helpful. Very helpful. Would be nice in a spiral bound for reference within the middle of my practice. 5 enthusiastic celebrities. Namaste. Pretty thorough for a beginner Read the terms and conditions because this isn't a huge-sized book. Finally, Lion pose on p.



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