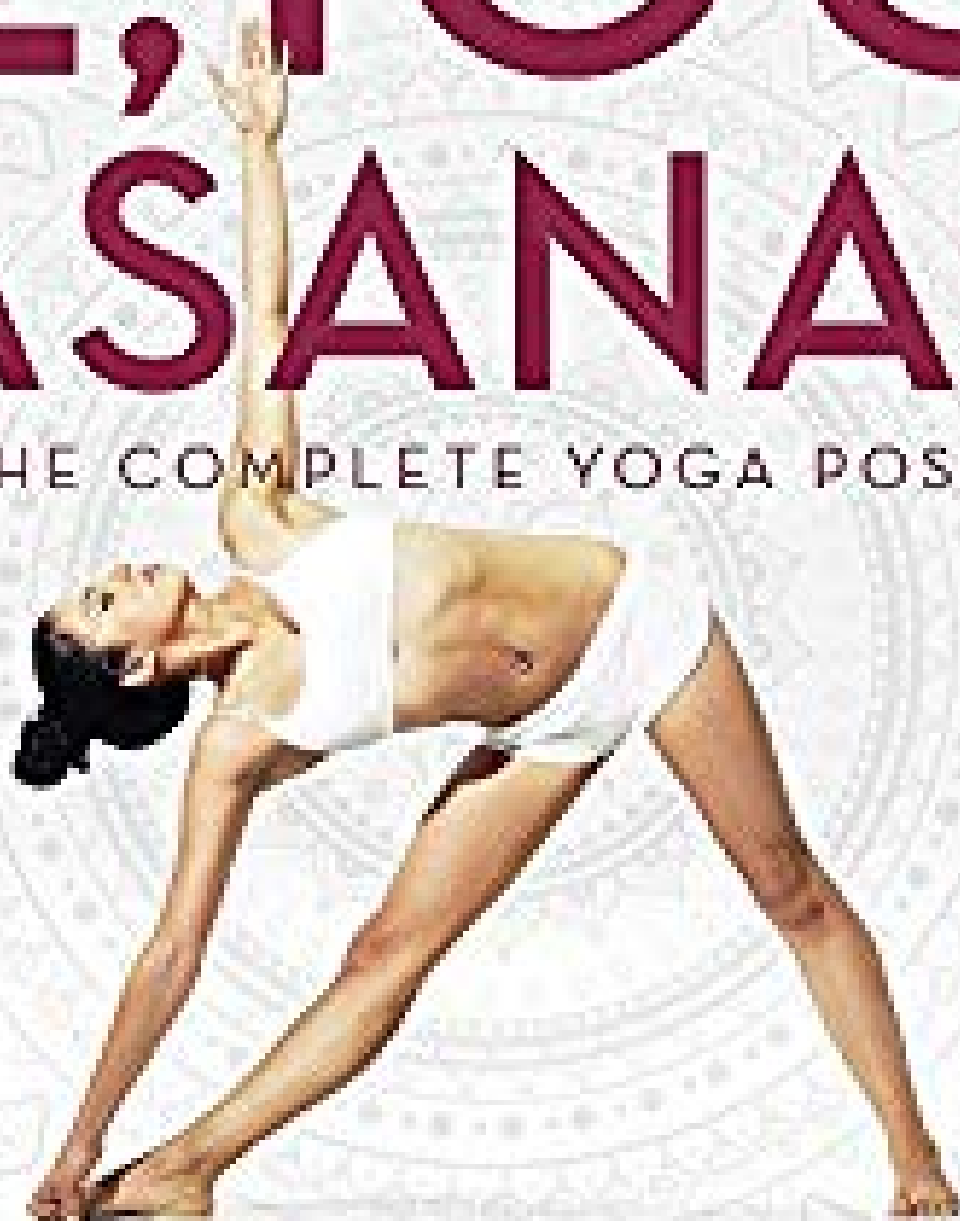


2,100 ASANAS

THE COMPLETE YOGA POSES



DANIEL LACERDA

FOUNDER OF MR. YOGA, INC.

Daniel Lacerda

2,100 Asanas: The Complete Yoga Poses



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Yoga exercises Inc. This beautifully designed book is a must-possess for yogis of most levels and every practice. Daniel Lacerda (Mr. He lives in Toronto, Canada. Each photograph features an expert yogi executing the pose to perfection. The aesthetic is definitely clean and contemporary. The book is structured into eight main types of poses-position, seated, core, quadruped, backbends, inversions, prone, and supine-and further divided by families of poses that progress from easiest to more challenging. Every pose is associated with the name of the pose in English and Sanskrit, a explanation of the modification, the Drishti stage (vision gaze), the chakras affected and its own benefits. 2,100 Asanas can be an unprecedented, meticulously crafted catalog of yoga poses and modifications. is a worldwide brand. He serves as an ambassador for Lululemon and Nike, and has been presented in Men's Health. His organization, Mr.NY TIMES BESTSELLERThe most complete collection of yoga asanas ever photographed, and the first-ever to categorize an astonishing 2,100 yoga exercise poses. Yoga) is definitely a long-time yoga practitioner, teacher and business owner who has helped thousands of people, including Television celebrities and Olympic sportsmen learn to practice yoga for fitness and relaxation. Additionally it is a gorgeous masterpiece of design, showcasing the beauty and athleticism of the human being form.



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My new favourite yoga book I'm not sure there is more you can require from an individual book. What initially caught my vision was the sheer number of poses. 2100 poses in one publication? The introduction to the book is very thoughtful and also gives a brief explanation of yoga philosophy. Most other books visit like 100-200. So I began flipping through the publication. The pictures are obvious, of high quality and intensely well arranged. But this isn't only a photo book. Each picture has can be described, provides its name in Sanskrit and English and the part I like, it informs me which muscles are targeted.. Therefore that's when I made the decision I had to buy the book. Reserve is made of high quality paper and has fantastic photography pictures of the pose demonstrated by very experienced practitioners/teachers. A section that helps you with training to get into the more difficult poses. Most of the popular brands I looked up were there but I could not really find a handful of them but I could understand how popular titles could vary somewhat. Among the best complete, modern, asana publication manuals We am a yoga instructor and we are told about thousands of yoga poses that exist. Great Book! I might say I learned probably a hundreds of yoga exercise poses and I am no where near understanding a thousands of them, aside from 2,100. For that reason I was excited to get this book and purchase it. That is why this book is so valuable. It is a great reference book. The Picture taking and Models are beautiful also! There exists a section detailing the limbs of yoga. Author of the book can be Canadian yogi who dedicated his life teaching yoga and he believed yoga exercise to many athletes over his career. Wii choice for teaching. The book is quite easy to make use of and one can go through it and observe how many other possible poses is there. My new journey One yoga pose per day for the next 3 years. To be honest having go through other yoga exercises books I didn't even understand there is anything near 2100 yoga exercises poses. People not really acquainted with yoga exercise will be amazed to learn that yoga is therefore much more when compared to a physical practice. THE one Beautiful book and gift for anybody who wants to take a yoga practice so far as possible.. That was my intention in buying this publication and I am perfectly impressed using its size, the standard of the photos and the info. The text and pictures provide additional ideas when she wants to modify a session or just change it out up a bit - either as a storage jogger or a few brand-new asanas. No alignment cues or engaging in poses for teachers to instruct. Grouping the photos this way allows for fluid movements from pose initiation into its innovative position predicated on physical abilities. The price was very reasonable for a reserve of this quality and level. The best newbie books are those by Richard Hittleman and available inexpensively on Amazon. Beginners are also well offered by going to regular yoga exercise classes designed for beginners and not in mixed ability classes. Among the points of yoga is to work predicated on physical abilities. Yoga isn't about discomfort, it's about the daily function of mental and physical progression. Many thanks to Mr. Yoga, Daniel Lacerda, because of this comprehensive reserve. We enjoy it so much that we have 2 copies. Every pose includes a brief explanation, a color image and the name in the English and Sanskrit. I really do desire that the book had .. Ridiculous Number of Variations. The best Awesome book Great Book! I would highly recommend it. I do wish that the book got explanations for how exactly to guide students into and from the postures, rather than simply showing photos of the postures, especially the more complex types. One of the biggest challenges as a yoga exercises instructor is to correctly and succinctly clarify how to enter and exit a pose. She teaches at a studio, nationally ranked collegiate athletic teams and individuals. Otherwise, it is still useful. Beautiful Book for a Visible Learner I never delved in to the book in detail, but I did buy it as a Christmas present for my

sister who's trying to understand and learn different yoga poses and their benefits on her own period when she doesn't have time to visit a studio. For the dedicated yoga practitioner, this would be a particularly useful reserve and a very nice gift as well. And it provides PHOTOS that display how each yoga pose is meant to appear like! If you're more of a visual learner, this is an excellent resource. Also - this book emerged as a hardcover and it's a brick...it was definitely one of the heaviest gifts under our tree this past year. I wish to thank Daniel Lacerda for creating one of the most precious asana books that compiles all 2,100 poses that I could find in a decade of practicing yoga exercise... I am on a trip! If you're a Yoga Instructor and stuck for suggestions, this publication is filled with them! But before you purchase--think encyclopedia--it is quite large not to mention comprehensive and physically heavy--you will not be traveling with it!?

Excellent encyclopedia of yoga This is an excellent encyclopedia of yoga poses. I would highly recommend it. All poses are in color using a variety of models, male and feminine, whose bodies appear to twist in amazing ways. The color photos are huge and clear plenty of to see what's going on--and therefore could be followed. They are all arranged on a white background. There's an index in the trunk for both English popular names and for the Sanskrit titles also. And this is what has jumped out to me in day 1, I cannot wait to keep exploring the book and using it to help me develop my yoga practice. Each pose includes a name in Sanscrit and English and description of it. My yoga exercises instructor also bought this book!CAVEAT: the book's not for beginners. At first glance, it appears like this book includes a wealth of understanding of different yoga poses. Wonderful! Essential yoga teacher materials. Even though many of the poses are very challenging, I get therefore much inspiration out of this book for my yoga classes (I am an instructor). There are loads of variants of poses, many of which are new to me, which is fantastic. For me there is a bit of confusion around a few of the sanskrit names.. The full color photos are great and display the poses correctly executed. It is my encyclopedia of poses.. However, that's not a deal breaker for this book, since Sanskrit isn't what that is about. This is still an incredible investment for all yoga exercises teachers and anyone thinking about learning something new. Super book, great photos I bought this publication for my daughter who's a skilled yogi of 20+ years. This book would be ideal if it included these details. A number of different yoga positions. Each pose has a brief description that identifies the chakras that the pose targets and the emphasis on specific body points. Thanks. Four Stars Shows every yoga exercises asana. Beautiful!!! Its biiiig! So many images and postures modifications, actually impressed! The majority of the poses are demonstrated by female practitioners but there are a few male practitioners and they all look amazing. Usually do not believe negative testimonials! As a yoga teacher, I was hoping for something amazing. Poses which have incorrect names, simply women in swimwear doing poses that nobody has heard about. Pose photos are also grouped together from the original easy pose through its progressive variations of difficulty. Returned. This book has been very helpful for introducing new postures into my teaching. Yet, in 500 hours spent in yoga exercise teacher training program. She enjoys it! The book is quite easy to follow. Would recommend to anyone. Seriously only best for the coffee table. This is a lovely book showing multiple variations of several of the asanas and anyone who would like to practice them may use them as a reference. The descriptions are succinct.. Beautiful job! occasionally I discovered a different sanskrit name for the same pose.. I might sound simple but if you do the poses, or at least try to, now I can get a concept if im doing it right..! I ordered my copy in hardcover, so it won't bend or believe unseemly shapes. Impressed! I simply wish that it had explained the asanas. There are no explanations at all.



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