

A woman with dark hair tied back is sitting in a meditative pose on a grassy field. She is wearing a white tank top and grey leggings. Her hands are raised above her head, fingers pointing towards each other, forming a triangle. Her eyes are closed, and she has a calm expression. The background is a clear blue sky with some light clouds.

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The Easy Yoga Workbook Tara Fraser, 2003-04

The Complete Guide to Yoga for Fitness

Professionals Debbie Lawrence, Conrad Paul, 2014-09-11 The Complete Guide to Yoga for Fitness Professionals gives you the necessary skills to become a successful yoga teacher or practitioner Whether you are looking for information on planning structuring and delivering a yoga class or are looking to increase your general understanding and appreciation of the history and ancient lineage of yoga our experienced authors are here to help Reaching beyond the typical how to guides this book not only covers the basics but also details more advanced teaching techniques Master how to teach the classic asana pose including the benefits precautions prohibitions and modifications of a selection of some other Hatha yoga postures Higher level yoga practices are found in Part Three along with information about how to deal with common conditions of participants encountered in a yoga class and any adaptations that need to be made to support them

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The Complete Idiot's Guide to Power Yoga Geo Takoma,Eve Adamson,1999 Describes a new approach to yoga designed to improve fitness and demonstrates a variety of poses and movements

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