



YOGA GUIDE FOR BEGINNERS

International Bestseller Yoga Guide

D Siedentop



International Bestseller Yoga Guide:

The Mark Stephens Yoga Sequencing Deck Mark Stephens, 2016 Based on Stephens best selling Yoga Sequencing this deck is the perfect companion or standalone for creative yoga students and teachers The Mark Stephens Yoga Sequencing Deck empowers yoga students and teachers to be their creative best in designing yoga classes With a 92 page booklet covering the principles of sequencing yoga classes and providing clear guidance on arranging postures in the most effective ways the deck includes 100 yoga flash cards color coded by pose family Standing Core Arm Support Back Bends Seated Twists Forward Bends Hip Openers Inversions and Savasana The cards feature clear color photos of postures with the corresponding English and Sanskrit names on side one and detailed information on how to put postures together in sequences that work for unique students and special class intentions on side two The perfect companion to Yoga Sequencing or for use on its own this deck is a hands on way for readers to gain knowledge and skills for planning and designing yoga classes The booklet and cards come packaged in a box approximately 4 inches wide 6 inches tall and 2 inches thick perfect for easy storage and travel

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