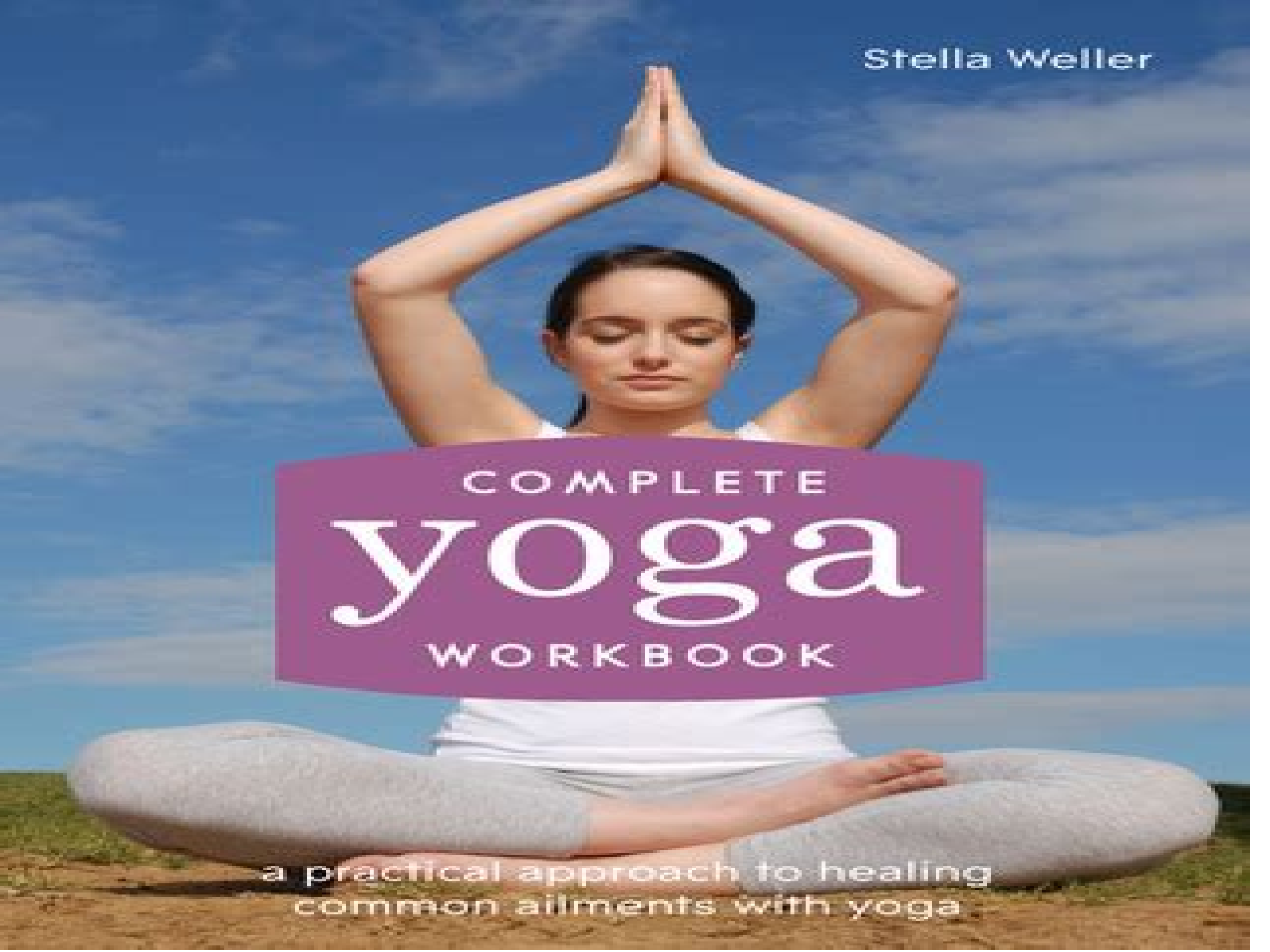


A woman with dark hair tied back is sitting in a meditative pose on a grassy field. Her hands are raised above her head, fingers pointing towards each other, forming a triangle. She has her eyes closed and a calm expression. She is wearing a white t-shirt and grey leggings. The background is a clear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

Stella Weller

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Hatha Yoga Ram Jain, Michèle Hauswirth, 2025-02-13 Hatha Yoga A Comprehensive Guide is a must read if you want to get the most from your yoga practice Starting from the traditional approach to yoga you will discover how each yoga pose affects the inner body and how systematic yoga practice can increase your overall health and well being You will also learn the ancient principles of sequencing asanas according to their corresponding chakras energy centers Renowned yoga teacher trainers Ram Jain and Mich le Hauswirth describe how to create safe fulfilling and holistic Hatha Yoga practices for different levels of ability and goals They provide visual and practical descriptions of over 200 asanas with detailed instructions alignment cues contraindications and suggested modifications based on the experience level of the practitioner The sample sequences of varying lengths will help you reap the benefits of Hatha Yoga and elevate your yoga experience to a whole new level

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