

## PRO 6MM

Step onto stability with our #1 teacher-recommended mat.

### WHY TO BUY

- ✓ Maximum cushioning
- ✓ Superior joint protection
- ✓ Lifetime guarantee
- ✓ Easy to clean
- ✓ Grip improves with age

### PROS

- Stability
- Support
- Cushion
- Durability
- Hygienic

### CONS

- Heavy to carry
- Needs towel to improve grip when sweaty



The lifelong durability reduces landfill waste.



No toxic emissions released during the production of this mat.



Made in Germany, loved everywhere.



OEKO-TEX  
STANDARD 100  
Certified



### UNRIVALED SUPPORT & STABILITY

Added density creates a firm, yet comfortable platform that protects sensitive joints.

### HYGIENIC CLOSED-CELL SURFACE

Keeps moisture and bacteria on the surface, increasing longevity and making post-class cleanup a breeze.

### MEDIUM GRIP

As preferred by teachers, allows you to flow between poses without sticking to the mat. Grip improves with age as cells break open, creating surface roughness.

### MATERIAL / DIMENSIONS

PVC closed-cell construction  
Standard: 3.4kgs; 180cm x 66cm  
Long: 4.3kgs; 215cm x 66cm



# Pro Yoga Guide

**ANDY. C. HALL**



## Pro Yoga Guide:

**GUIDE TO ULTIMATE GOOD YOGA** ANDY. C. HALL, 2022

**The Art of Yoga Sequencing** Sage

Rountree, 2024-03-12 An inclusive guide for yoga teachers and practitioners to create balanced movement sequences and well rounded classes for all students Discover a unified theory for sequencing fresh contemporary yoga and mindful movement classes that reflect the diversity of modern practitioners Yoga instruction innovator Sage Rountree's approach to teaching grows from a simple truth bodies feel better when they move in many different ways and directions But in a social media fueled yoga scene that over celebrates acrobatic unrealistic poses it's easy for even the most experienced instructor to lose touch with their students The fix is clear Real students need simple lessons taught clearly Yoga teacher trainer and bestselling author Sage Rountree draws on years of expert experience to offer a fresh contemporary approach to yoga sequencing and mindful movement that reflects the diversity and meets the needs of the modern yogi The Art of Yoga Sequencing celebrates students of all kinds styles and levels Grounded in exercise physiology while honoring yoga traditions Rountree's new offering includes Adaptable examples templates and preset lesson plans 475 inclusive photos demonstrating over 35 full sequences Actionable tips for increasing student accessibility Creative ideas for props lighting music and more Whether you're a current or aspiring teacher or advanced practitioner you'll find here every tool you need to create inspired yoga classes and home practices Even if you teach in a set format like at a franchise or strongly branded studio this yoga tool kit will help you lead students along any path with a clarity that honors all bodies

The Complete Guide to Yoga for Fitness Professionals Debbie Lawrence, Conrad Paul, 2014-07-31 A yoga guide for fitness professionals and instructors outlining the different stages to yoga practice acknowledging the physiological principles history and how to teach it

*The Professional Yoga Teacher's Handbook* Sage Rountree, 2020-09-08 The ultimate guide to the yoga profession at every stage of your teaching career Yoga has helped you and now you want to share what you've learned Maybe you've just graduated from yoga teacher training and you're wondering how to take your next steps Or perhaps you've been teaching for a while but you feel unsure about how to get a studio job develop a workshop establish clear boundaries with your students or level up in your career Wherever you are The Professional Yoga Teacher's Handbook will help you choose a wise path toward where you want to be Sage Rountree mines her decades of experience as a yoga teacher teacher trainer and studio owner to offer guidance at every turn Land your first job and smartly manage your schedule money and energy Prepare outside the classroom to ensure that each class is a good one Keep pace with changing Yoga Alliance standards and the expanding world of online teaching React in real time to students needs and gently teach studio etiquette Figure out whether you want to become a full time teacher own a studio take private clients lead yoga teacher trainings or all of the above Throughout thoughtful prompts encourage you to articulate your principles vision and plans Instead of telling you what to teach this book will guide you to your own answers first and foremost by asking How can my teaching be of greatest service to my students

*Yoga Daren*

Callahan,2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master s theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest     **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     *The Professional Yoga Teacher's Handbook* Sage Rountree,2020-12-10 For yoga teachers at every stage of their careers not a what to teach guide but a how to teach guide There s so much more to teaching yoga than doing yoga from building a relationship with a studio or opening your own to navigating client relationships publicising classes and avoiding burnout Sage Rountree has been training yoga teachers for over a decade and she s heard the same concerns over and over How can I help my students best How can I keep my teaching fresh How can I make smart choices around my schedule my money and the next steps in my career The Professional Yoga Teacher s Handbook speaks directly to these concerns in a warm friendly voice boosting teachers confidence in their ability to construct a heartfelt balanced class and to build a career that suits them Rountree includes stories from her own experience journal prompts and thoughtful workbook exercises to help aspiring yoga teachers discern their path and to provide current yoga teachers with much desired continuing education Includes guidance on adapting your teaching to online platforms This is the book every yoga teacher needs     *Yoga Journal* ,1978-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty     **The London Guide** Nicholson Guides,1990     *From Couch Potato to Yoga Pro* Brawn Babe,2023-11-19 From Couch Potato to Yoga Pro The Lazy Person s Step by Step Guide to Yoga Unlock a healthier happier you with the life changing power of yoga Are you tired of feeling sluggish stressed and out of shape Do you want to

improve your flexibility strength and balance Then yoga is the perfect answer for you Even if you ve never tried yoga before or if you think you re too inflexible or out of shape this book will show you how to get started and achieve your yoga goals With clear step by step instructions and easy to follow photos you ll be mastering yoga poses in no time And the best part is you don t have to be a gym rat or a contortionist to enjoy the benefits of yoga Yoga is for everyone regardless of your age fitness level or experience In this book you ll learn The basics of yoga including the different types of yoga and how to choose the right one for you Step by step instructions for all of the most common yoga poses How to modify poses to make them easier or more challenging How to incorporate yoga into your daily routine The many benefits of yoga including improved flexibility strength balance and stress relief Yoga is more than just a physical exercise it s a mind body connection that can transform your life It can help you Reduce stress and anxiety Improve your sleep Boost your energy levels Increase your self confidence Find inner peace and happiness So what are you waiting for Start your journey to a healthier happier you today

**Yoga Journal**,2001 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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**A Professional Guide to Yoga** Dennis Charlton,2022-09-13 Yoga is a set of physical mental and spiritual practices that originated in ancient India As a form of exercise and alternative medicine the school of hatha yoga practice is widely popular Meditation breath exercises and postures known as asanas are important aspects of yoga Modern yoga can provide a complete set of routines for exercise programs and physical therapy Yoga can improve health and stamina reduce stress and uniformly strengthen all parts of the body Constant effort has been made to

make the understanding of the difficult concepts of yoga as easy and informative as possible for the readers This book attempts to assist those with a goal of delving into this field

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