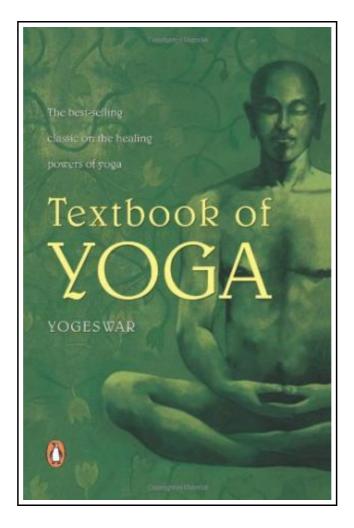
Textbook of Yoga



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Reviews

This pdf might be well worth a study, and a lot better than other. It really is simplistic but excitement inside the fifty percent in the book. Its been printed in an exceedingly straightforward way which is just after i finished reading this ebook through which really modified me, modify the way i believe. (Derick Brekke)

TEXTBOOK OF YOGA



Penguin, New Delhi, India, 2004. Paperback. Book Condition: New. Dust Jacket Condition: New. First Edition. In the past few years, the popularity of yoga as the ultimate key to fitness, both physical and mental, has resulted in a plethora of books, videos and audio tapes designed to guide a learner through the various asanas prescribed by the Yogasutra. The Textbook of Yoga goes one step further: it is the one book that tells you not merely how to practise an asana the right way, to maximum effect, but also explains how best to share your knowledge and teach others the theory and practice of yoga. It is like a textbook in its approach: lesson by lesson, you are introduced first to the basics and then to the more advanced levels of practice. Alongside the text, the illustrations allow you to understand exactly how the body should be moved and positioned without fear of error or injury. Crucially, there is also a clear exposition of the benefits to be drawn from each asana and details of how best to get relief from common problems like backache, diabetes and arthritis, using yoga. Other useful information includes notes on the ideal time for practising an asana, the clothes to be worn and the right diet for the yoga practitioner. Easily one of the best and most comprehensive handbooks on the ancient Indian science of health, the Textbook of Yoga is a classic in its own right. Printed Pages: 480. Size: 13 Cms x 20 Cms.



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