

Hatha Yoga Illustrated

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Hatha Yoga Illustrated

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"Hatha Yoga Illustrated" presents nearly 650 full-color photos to visually demonstrate 77 standard poses from hatha yoga that apply to all major hatha styles including Iyengar, Astanga, Anusara, and

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Bikram. Individual poses are presented from start to finish, showing yo

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Chapter 1. Art and Practice of Hatha Yoga Chapter 2. Standing Postures Chapter 3. Balancing Postures Chapter 4. Arm-Balancing Postures Chapter 5. Inverted Postures Chapter 6. Backward-Bending Postures Chapter 7. Twisting Postures Chapter 8. Forward-Bending Postures Chapter 9. Sitting Postures Chapter 10. Reclining and Relaxation Postures Chapter 11.

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Wow, this book has great pictures and descriptions. I'd started about 6 weeks ago with The Complete Idiot's Guide to Yoga Illustrated, 4th Edition and I do recommend that book to beginners like myself, especially if going to class at first is not practical (which it isn't for me). But after working with the "idiots" guide, I wanted something with more advanced positions and real pictures ...

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There is so much that yoga can do for people through stretches, postures, learning to breathe properly, and relaxation. Kathy teaches a yoga that is enjoyable and can also be a method of self-

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transformation. Kathy's interest in yoga came early in the 1970's after giving birth to her first child.

Hatha Yoga by Kathy Zawadzki

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An asana is a body posture, originally and still a general term for a sitting meditation pose, and later extended in hatha yoga and modern yoga as exercise, to any type of pose or position, adding reclining, standing, inverted, twisting, and balancing poses. The Yoga Sutras of Patanjali define "asana" as "[a position that] is steady and comfortable". ...

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