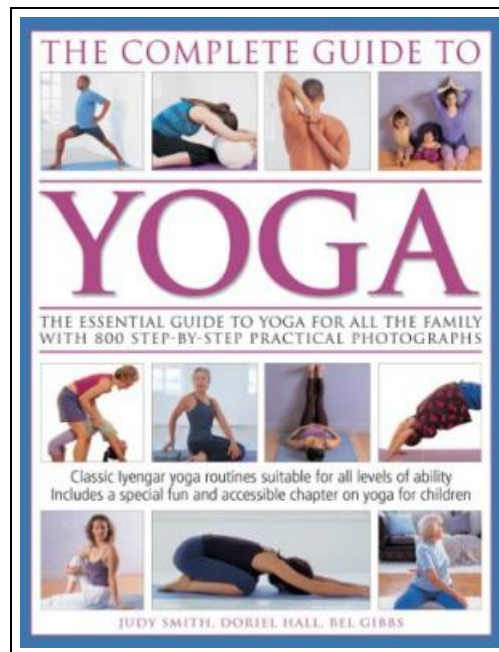


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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Complete Guide to Yoga: The Essential Guide to Yoga for All the Family with 800 Step-by-step Practical Photographs, Judy Smith, Doriel Hall, Bel Gibbs, This is the essential guide to yoga for all the family with 800 step-by-step practical photographs. It includes practical, easy-to-follow yoga with guidance, postures and training schedules designed to suit all levels. It contains sequences for everyone: children, adults of all ages, people with specific needs, and complete beginners. You can improve your posture, physical tone and strength, and stimulate the function of your body with practical yoga techniques. You can learn how to meditate to calm the mind, quieten the spirit, improve concentration, increase energy and promote better sleep. It includes a series of yoga routines that can easily be built into a daily timetable, with step-by-step pictures demonstrating each of the postures, and over 800 photographs and artworks in total. This is an ideal introduction to yoga for everyone, written and presented by experts. The philosophy and benefits of Iyengar yoga are clearly explained and there is advice on how to begin and what equipment is needed. The asanas, or postures, are grouped into type for ease of reference, and are tailored for the beginner and those at intermediate level. A chapter on making yoga enjoyable and stimulating for children is included, with special animal poses. A comprehensive guide to meditation practice and techniques is also featured. This practical yoga course is a concise instructional guide to using yoga throughout life, and a wonderful introduction to the tranquility of meditation.

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