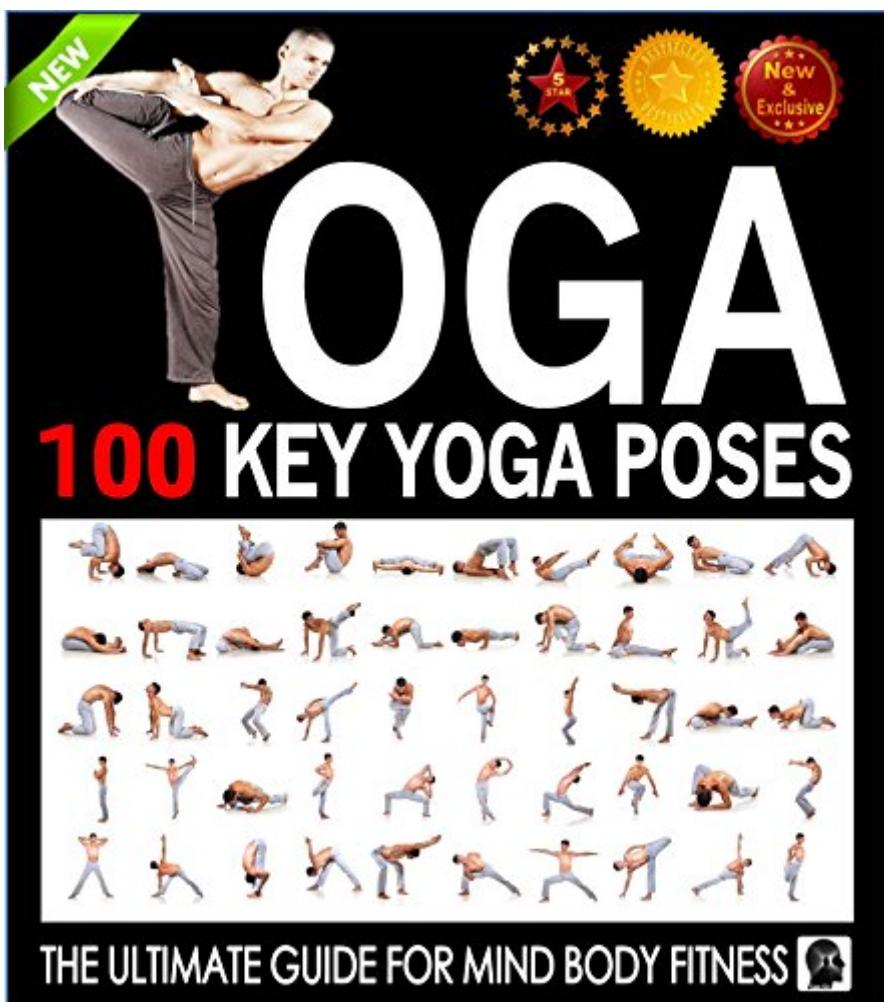


The book was found

Yoga: 100 Key Yoga Poses And Postures Picture Book For Beginners And Advanced Yoga Practitioners: The Ultimate Guide For Total Mind And Body Fitness (Yoga ... Books) (Meditation And Yoga By Sam Siv 3)





Synopsis

Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitnessâ^...â^...â^...Over 100 Yoga Poses with Easy Navigation To Eachâ^...â^...â^...Would you like to learn new yoga poses in the privacy of your own home? Do you want to see how the pose looks when someone does it? Are you interested in knowing what the official and relaxed name of poses are? If the answer to any of these questions is yes, then this is the guide book for you. In this book, you will learn the official and relaxed English name for each pose as well as a picture of someone who is correctly demonstrating the pose. Yoga is a physical, mental, and spiritual practice or discipline that denotes a variety of schools, practices and goals. In this guide you will learn how to correctly perform the following poses in detail:âœ"Revolved Side Angleâœ"Reclining Hand-To-Big-Toeâœ"Shoulder Standâœ"Half Locust Poseâœ"Wide Legged Forward Bend Câœ"Downward Facing Dogâœ"Salutationâœ"Twisting Cobraâœ"Downward Facing Dog 2âœ"Extended Triangle Poseâœ"Leg Fold Plough Poseâœ"Wide Legged Forward Bend Aâœ"Straight Arm (Sky Face) Cobra Poseâœ"Half Spiral Twist Poseâœ"Side Reclining Leg Lift Poseâœ"Supported Shoulder Standâœ"Upward Facing Intense Posterior Stretchâœ"Cobra Pose Sittingâœ"Cobra Poseâœ"Plow Poseâœ"Twisting Cobraâœ"Balancing Butterfly Poseâœ"Locust Poseâœ"Wide Legged Forward Bend Salutationâœ"Seated Forward Bendâœ"Headstandâœ"Seated Kneed Bent Toe Touchesâœ"Sleeping Vishnu Poseâœ"Camel Poseâœ"Wind Relieving Pose in Yogaâœ" Seated Forward Bendâœ"One Legged King Pigeon Poseâœ"Sphinx Poseâœ"Bow Poseâœ"Twisted Triangle Pose Yogaâœ"Cobra Poseâœ"Wide Legged Forward Bend Dâœ"Standing Bow Pulling Poseâœ"Crescent Moon Poseâœ"Curred Hands Cobra Poseâœ"Wide Legged Forward Bend Bâœ"Splits Poseâœ"Frog Poseâœ"Childâ™s Poseâœ"Free Hands Head Standâœ"Half Standing Forward Bend Poseâœ"Diamond Poseâœ"Locust Pose Hands on Headâœ"Frog Pose 2âœ"Teddy Bear Headstandâœ"Reclining Hero Poseâœ"Wind Relieving Poseâœ"Horse Riding Aâœ"Upward-Facing Open Angle Poseâœ"Bridge Poseâœ"Boat Pose âœ"Happy Baby Poseâœ"Little Thunder Poseâœ"Wide Legged Forward Bend Aâœ"West Stretching Bendâœ"Table Top Poseâœ"Head to Knee Poseâœ"Extended Cat Poseâœ"Sep Leg Head to Kneeâœ"Plank Pose âœ"Single Leg Cat Poseâœ"Half Bound Lotus Poseâœ"Extended Cat Poseâœ"Seated Forward Bend Pose Bâœ"Relaxing Cat Poseâœ"Cat Stretch Poseâœ"Half Moon Poseâœ"Awkward Chair Poseâœ"Eagle Poseâœ"Revolved Triangle Poseâœ"Sun Salutation Bâœ"Standing Forward Bendâœ"Seated Head to Knee Poseâœ"Extended Puppy Dog Poseâœ"Salutationâœ"Extended Hand to Big Toe Poseâœ"Supported Pigeon Poseâœ"Standing One Legged King Pigeon

Poseâœ"Godess Poseâœ"Twisted Leg Side-bending Mountain Poseâœ"Warrior 1âœ"Downward eagle Poseâœ"Sideways Bend Towards the Toesâœ"Awkward chair Poseâœ" Flying Eagle Poseâœ"Twisting Triangle Poseâœ"Hand at Foot Poseâœ"Sep Legâœ"Head to Knee Poseâœ"Standing Forward Bendâœ"Revolved Extended Side Angle Poseâœ"Warrior 2 Poseâœ"Bound Hal Moon Poseâœ"Twisted Side Angleâœ"Standing One Legged King Pigeon PoseRemember, this is a picture book and it will help beginners and advanced practitioners get their poses correct.Download Today!Tags: yoga, yoga poses, yoga guide, yoga for beginners, advanced yoga, yoga books, yoga posture

Book Information

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Customer Reviews

This is a useful book for experienced yoga partakers and experienced ones alike. This book contained 100 key yoga poses, the illustrations were easy to read and follow. Yoga is about the body on a whole , its a great exercise to promote wellness in body and mind. I enjoyed this book

from cover to cover as I was able to learn and follow and I am elated to say that I am now a yoga exercise enthusiast.

I've had some medical issues, and wanted to try out a few poses to relax. This really helped in getting some basic formations down. I liked the way each pose was named, and there was a clear picture for each pose. I did want a little more description about how to do each pose, but that would be my only complaint. This seemed like a good book to get started in practicing your yoga positions.

This book contains 101 Yoga poses and postures. It is very useful for beginners and advanced practitioners of Yoga. Yoga is not aimed at any particular part of body, but it is a lifestyle for well-being of both mind and body. Yoga gives us peace of mind as well as it keeps us fit. It will fill us with positive thinking. Each picture in this book is just like a well described guide for Yoga practitioners. Since Yoga has its origin in Sanskrit, each postures are named with Sanskrit words. We can use this book as a guide to practice Yoga in our daily life.

Lots of typos, wrong names and repeated poses. Very poor description on how to come in to poses, making it even dangerous for novices trying to do some more advanced poses like shoulder stand or pincha. The only thing I like is that I found some new poses to try, but definitely would look for someone or a better book to give me good cues and instructions.

Mother of all creatures, big and small! The dude in the pics is a human pretzel! Amazing! My wife got me into yoga five years ago. Well, I can probably do 20% of what you can see in this book (if I don't die trying). In other words, you can go into yoga as lightly or as deeply as you wish. This book covers it all. Fantastic. Very clear information. Great pictures.

Incredibly useful book to see the poses in still life and very helpful in learning how to do them. Highly recommended.

I'm sure the e book version- being \$3- can be a helpful resource for many postures. The hard copy however, is just a printed e- book- with low res pics and computer links to click on... Obviously you can't click a link in a real book- and there's no web address- just a "click here". For \$24 ?! I'm sad I have to even pay for the shipping back- guess I should get a kindle:/

Great book it's really a whole-body experience, very informative guide. It makes it easy to get familiar and learn the yoga Poses I am very excited to try all the yoga positions.. It definitely a big encouraging for me to start! I highly recommend this book to anyone interested in Healthy lifestyle.

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