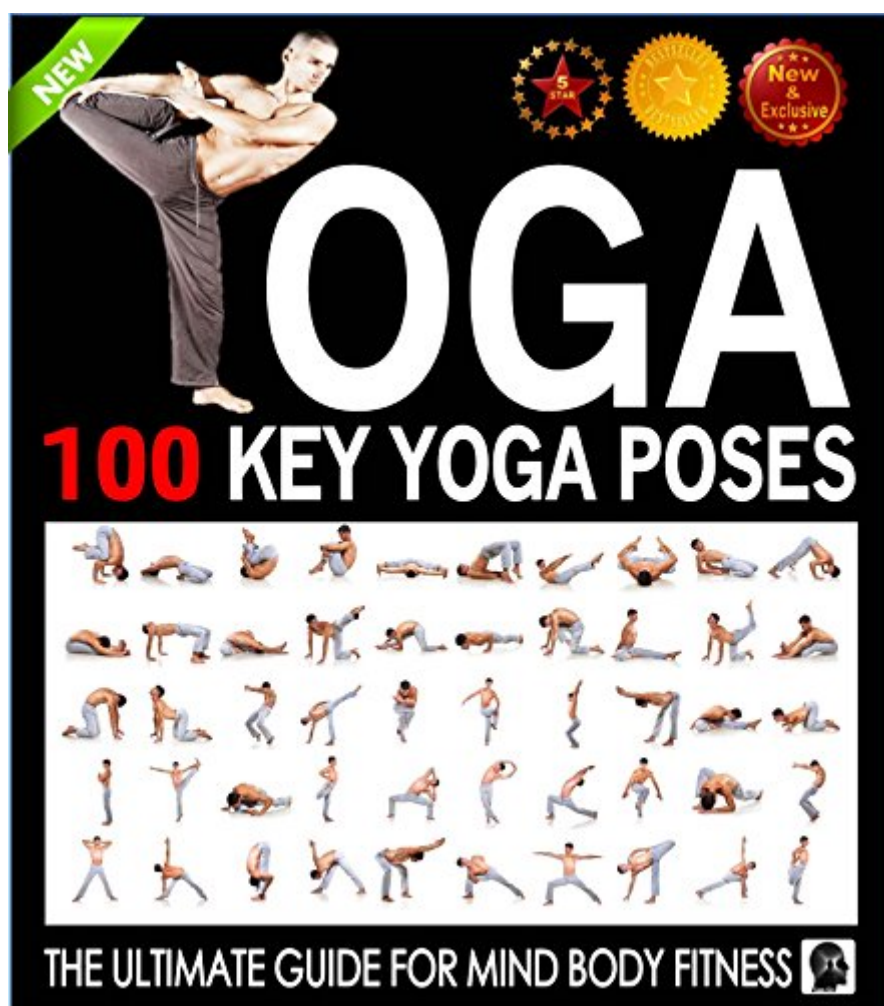


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# Yoga: 100 Key Yoga Poses And Postures Picture Book For Beginners And Advanced Yoga Practitioners: The Ultimate Guide For Total Mind And Body Fitness (Yoga ... Books) (Meditation And Yoga By Sam Siv 3)





## Synopsis

Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness...Over 100 Yoga Poses with Easy Navigation To Each...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:Revolved Side AngleReclining Hand-To-Big-ToeShoulder StandHalf Locust PoseWide Leddeg Forward BendCobraDownward Facing DogSalutationTwisting CobraDownward Facing Dog2Extended Triangle PoseLeg Fold Plough PoseWide Legged Forward BendAStraight Arm (Sky Face) Cobra PoseHalf Spiral Twist PoseSide Reclining Leg Lift PoseSupported Shoulder StandUpward Facing Intense Posterior StretchCobra Pose SittingCobra PosePlow PoseTwisting CobraBalancing Butterfly PoseLocust PoseWide Legged Forward Bend SalutationSeated Forward BendHeadstandSeated Kneed Bent Toe TouchesSleeping Vishnu PoseCamel PoseWind Relieving Pose in YogaSeated Forward BendOne Legged King Pigeon PoseSphinx PoseBow PoseTwisted Triangle Pose YogaCobra PoseWide Legged Forward BendDStanding Bow Pulling PoseCrescent Moon PoseCurred Hands Cobra PoseWide Legged Forward BendBSplits PoseFrog PoseChilds™s PoseFree Hands Head StandHalf Standing Forward Bend PoseDiamond PoseLocust Pose Hands on HeadFrog Pose2Teddy Bear HeadstandReclining Hero PoseWind Relieving PoseHorse RidingAUpward-Facing Open Angle PoseBridge PoseBoat PoseHappy Baby PoseLittle Thunder PoseWide Legged Forward BendAWest Stretching BendTable Top PoseHead to Knee PoseExtended Cat PoseSep Leg Head to KneePlank PoseSingle Leg Cat PoseHalf Bound Lotus PoseExtended Cat PoseSeated Forward Bend PoseBRelaxing Cat PoseCat Stretch PoseHalf Moon PoseAwkward Chair PoseEagle PoseRevolved Triangle PoseSun SalutationBStanding Forward BendSeated Head to Knee PoseExtended Puppy Dog PoseSalutationExtended Hand to Big Toe PoseSupported Pigeon PoseStanding One Legged King Pigeon

Poseâ€”Goddess Poseâ€”Twisted Leg Side-bending Mountain Poseâ€”Warrior 1â€”Downward  
eagle Poseâ€”Sideways Bend Towards the Toesâ€”Awkward chair Poseâ€”Flying Eagle  
Poseâ€”Twisting Triangle Poseâ€”Hand at Foot Poseâ€”Sep Legâ€”Head to Knee  
Poseâ€”Standing Forward Bendâ€”Revolved Extended Side Angle Poseâ€”Warrior 2  
Poseâ€”Bound Hal Moon Poseâ€”Twisted Side Angleâ€”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 ?! Im 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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