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Association Beginner's Manual Alice Christensen,1987 This excellent guidebook boasts a clear safe and thorough introduction to yoga from the organization that sets the standard for yoga instruction in this country 323 photographs

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Desai,2025-05-06 A practical and accessible guide to incorporating traditional yoga into a modern practice by an Indian yoga teacher and educator Yoga in its traditional form is a practice focused on inclusivity inner work and peace But the yoga that is practised today in the West has got a little lost along the way In this accessible beginner s guide Indian yoga teacher Nikita Desai brings us back to the authentic roots of this ancient practice In A Beginner s Guide to the Roots of Yoga Desai unpicks the complexities of the modern yoga space Moving away from the focus on physical poses expensive outfits and Instagram perfect bodies she delves into traditional resources to show how yoga can help your mental and spiritual wellbeing With a range of enlightening essays she explores why change in the industry is vital before centring key yogic texts philosophy and history in a digestible manner to give us a basic understanding of the origins of yoga Desai then guides us through integrating these foundations into our current practice both on and off the mat so you can enjoy the benefits of the tradition while helping to make yoga today a more inclusive and diverse space A Beginner s Guide to the Roots of Yoga is the perfect jumping off point for anyone wanting to make their practice more authentic **Billboard** ,2000-01-08 In its 114th year

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The American Yoga Association Wellness Book Alice Christensen, 1996 The founder of the American Yoga Association presents an indispensable book which takes readers step by step from the most basic 30 minutes a day routine through individualized programs and advanced techniques tailored to specific needs Tips are also offered on weight management enhancing fertility relieving insomnia migraines back pain and more 180 photos Lay flat binding

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Yoga Life ,1992 Film & Video

Finder ,1997 **Inner Development** Cris Popenoe,1979 *The Listener* ,1973-07 *The Video Source Book* David J.
WEINER,1990 The Middle Way ,1983-05 **American Book Publishing Record** ,1999 Mind-body Therapies ,1987

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