

15 Yoga Poses for beginners



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Dee Ann Green Birkel

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at 50 and beyond You'll learn how to adapt stances and breathing to your changing body to reap the benefits of this ancient practice and use it to calm your mind and body one pose at a time Discover step by step instructions for more than 45 poses Relieve stress Leverage your breathing Target weak spots avoid injury and deal with pain and chronic conditions Discover yoga apps and videos

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unlock your body's extraordinary potential and enlist your mind to do so and in the process strengthen your mind as well. This book covers the following topics and more: Five basic approaches to Yoga; Selecting a Yoga class; Practicing Yoga safely; The mechanics of Yogic breathing; Classic foundational postures; Exercises to target problem areas; Putting together your personal routine; Yoga for special situations. The focus on this book is on Hatha, pronounced haht ha, Yoga, which is that branch of Yoga that works primarily with the body through postures, breathing exercises and other similar techniques. When necessary the book provides helpful photos or illustrations to help you better understand the exercises or postures. One author, Georg Feuerstein, is internationally recognized as a leading expert on the Yoga tradition and has authored many seminal works on it. The other author, Larry Payne, has a thriving practice as a Yoga teacher in Los Angeles where he teaches and responds to his clients' specific health challenges. In this book their combined 55 years of experience have merged to create a reliable and user friendly introductory book that can also serve you as a beginner's reference work on an ongoing basis.

Mother Jones, 1995 The Astrological Magazine, 1973 *Shambhala Sun*, 1994 *The Utne Reader*, 1995 **New Age Journal**, 1995-02 **Yoga** Howard Kent, 2001 **Yoga and Depth Psychology** I. P. Sachdeva, 1978 **The American Yoga 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. *Shape*, 1994 The Theosophist, 1894 *Parapsychology, New Age, and the Occult*, 1993 Yoga Made Easy Howard Kent, 2002-05 Contains step by step instructions for learning yoga including preparation, exercises, relaxation and meditation. *Tennessee Librarian*, 1978 *Hatha Yoga* Dee Ann Green Birkel, 1996-12

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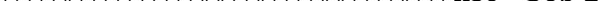
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