

ONE-LEGGED  
MOUNTAIN



AIRPLANE  
POSE



WARRIOR 1



WARRIOR 2



*Beginners Yoga*

# WARRIOR SEQUENCE

REVERSE  
WARRIOR



SIDE ANGLE  
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TRIANGLE  
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PYRAMID  
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# Yoga For Beginners Vs

**Liying Dong**

## **Yoga For Beginners Vs:**

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guides you slowly step by step into the treasure house of Yoga And it is a fabulous treasure house You will find out how to 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

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