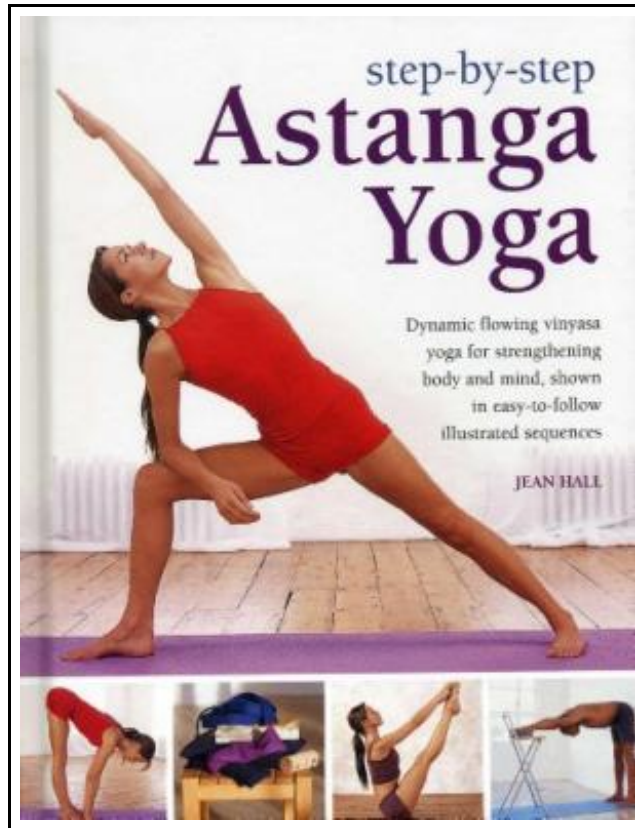


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Step by Step Astanga Yoga: Dynamic Flowing Vinyasa Yoga for Strengthening Body and Mind, Shown in Easy-to-follow Illustrated Sequences, Jean Hall, This is the perfect introduction and intermediate workbook on Astanga yoga, with expert teaching to follow at home. You can learn the history, spiritual background and philosophy behind the practice of yoga. The clear sequences take you through the Primary Series, with expert instruction for beginners and also more experienced practitioners. It includes moderations to the classic poses that will accommodate all levels of health and fitness. It offers special, short sequences to fit into busy lifestyles. It features step-by-step instructions, and over 500 photographs, make each asana easy to follow and understand. Astanga yoga is a dynamic and energetic form of yoga that uses the breath to flow from one posture to the next. The postures, or asanas, are linked by vinyasa sequences, creating a heat that cleanses the body, while the mind stays clear and calm. The book begins with the history and philosophy behind Astanga yoga, explaining the important principles that any practitioner needs to know. The standing, seated and finishing asanas appear in the order that they are practised, and postures are shown in detail with clear instruction, and moderations to tailor the practice to all levels. The full sequence of the Primary Series is also shown all together, for easy reference. Finally, there is a section on abridged sequences, showing shorter, timed routines for everyday use. Authoritative teaching, and beautiful photography make this a perfect introduction to Astanga yoga.



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