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Step by Step Astanga Yoga: Dynamic Flowing Vinyasa Yoga for Strengthening Body and Mind, Shown in Easy-to-follow Illustrated Sequences

By Jean Hall

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...



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