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Iyengar Yoga: Classic Yoga Postures for Mind, Body and Spirit

By Judy Smith

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Iyengar Yoga: Classic Yoga Postures for Mind, Body and Spirit, Judy Smith, This title features classic yoga postures for mind, body and spirit. Calm the mind, increase concentration and relieve stress with the beneficial powers of yoga. This is a practical, easy-to-follow yoga course, with step-by-step guidance and postures especially chosen for beginners and intermediates. You can learn how to tone the muscles, acquire suppleness, stimulate the circulation, improve posture and benefit your overall health. It includes Iyengar basics, standing asanas, seated asanas, twists, inverted asanas, supine and prone asanas, routine practice and yoga therapy. Iyengar yoga is a practical philosophy and system of asanas, or postures, promoting physical, mental and spiritual wellbeing. This book explains the origins and philosophy of Iyengar yoga. The classic asanas are grouped into type for easy reference, and graded by difficulty, with variations to suit all levels of fitness and flexibility. There are sequences to follow for certain times and conditions of your life that will benefit illnesses and common problems, such as headaches, backache and arthritis. The book combines expert guidance with over 400 inspirational photographs to create the perfect yoga manual for all ages and...



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