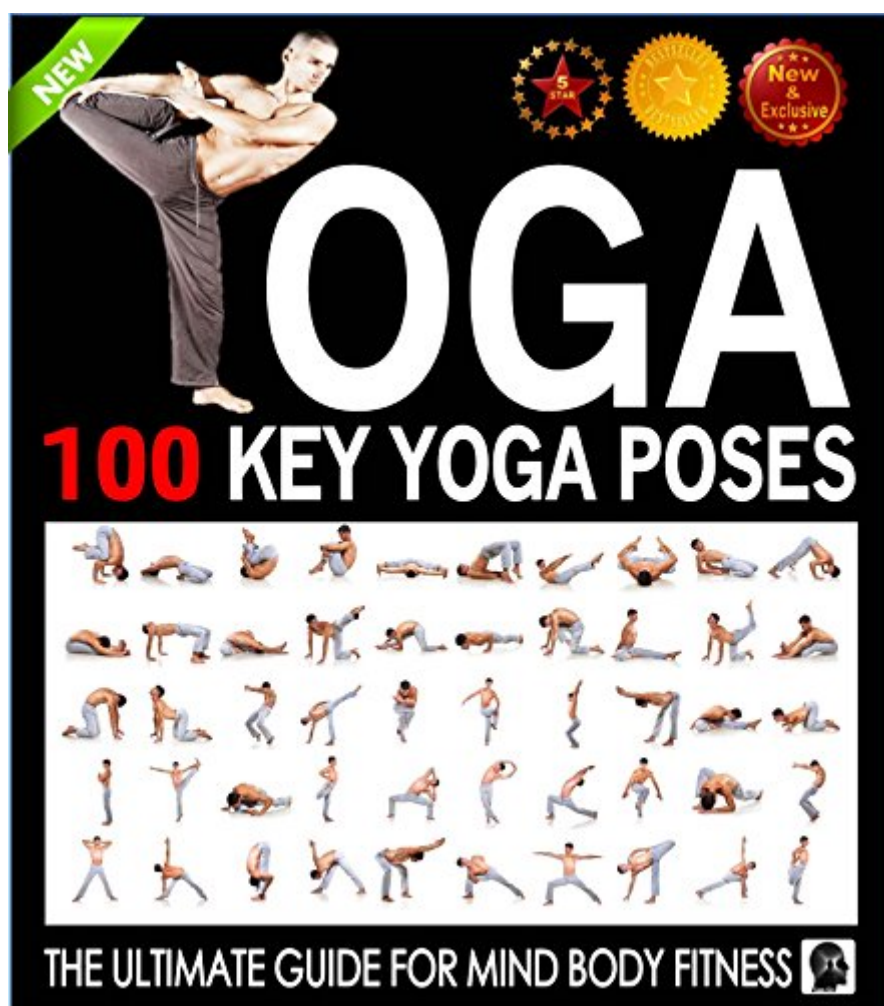


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# Yoga: 100 Key Yoga Poses And Postures Picture Book For Beginners And Advanced Yoga Practitioners: The Ultimate Guide For Total Mind And Body Fitness (Yoga ... Books) (Meditation And Yoga By Sam Siv 3)





## Synopsis

Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness | Over 100 Yoga Poses with Easy Navigation To Each | Would you like to learn new yoga poses in the privacy of your own home? Do you want to see how the pose looks when someone does it? Are you interested in knowing what the official and relaxed name of poses are? If the answer to any of these questions is yes, then this is the guide book for you. In this book, you will learn the official and relaxed English name for each pose as well as a picture of someone who is correctly demonstrating the pose. Yoga is a physical, mental, and spiritual practice or discipline that denotes a variety of schools, practices and goals. In this guide you will learn how to correctly perform the following poses in detail:

- Revolved Side Angle
- Reclining Hand-To-Big-Toe
- Shoulder Stand
- Half Locust Pose
- Wide Legged Forward Bend
- Downward Facing Dog
- Salutation
- Twisting Cobra
- Downward Facing Dog 2
- Extended Triangle Pose
- Leg Fold Plough Pose
- Wide Legged Forward Bend A
- Straight Arm (Sky Face) Cobra Pose
- Half Spiral Twist Pose
- Side Reclining Leg Lift Pose
- Supported Shoulder Stand
- Upward Facing Intense Posterior Stretch
- Cobra Pose Sitting
- Cobra Pose
- Plow Pose
- Twisting Cobra
- Balancing Butterfly Pose
- Locust Pose
- Wide Legged Forward Bend Salutation
- Seated Forward Bend
- Headstand
- Seated Kneel Bent Toe Touches
- Sleeping Vishnu Pose
- Camel Pose
- Wind Relieving Pose in Yoga
- Seated Forward Bend
- One Legged King Pigeon Pose
- Sphinx Pose
- Bow Pose
- Twisted Triangle Pose
- Cobra Pose
- Wide Legged Forward Bend D
- Standing Bow Pulling Pose
- Crescent Moon Pose
- Curved Hands Cobra Pose
- Wide Legged Forward Bend B
- Splits Pose
- Frog Pose
- Child Pose
- Free Hands Head Stand
- Half Standing Forward Bend
- Diamond Pose
- Locust Pose Hands on Head
- Frog Pose 2
- Teddy Bear Headstand
- Reclining Hero Pose
- Wind Relieving Pose
- Horse Riding
- Upward-Facing Open Angle Pose
- Bridge Pose
- Boat Pose
- Happy Baby Pose
- Little Thunder Pose
- Wide Legged Forward Bend A
- West Stretching Bend
- Table Top Pose
- Head to Knee Pose
- Extended Cat Pose
- Sep Leg Head to Knee
- Plank Pose
- Single Leg Cat Pose
- Half Bound Lotus Pose
- Extended Cat Pose
- Seated Forward Bend Pose B
- Relaxing Cat Pose
- Cat Stretch Pose
- Half Moon

Pose •Awkward Chair Pose •Eagle Pose •Revolved Triangle Pose •Sun Salutation B •Standing Forward Bend •Seated Head to Knee Pose •Extended Puppy Dog Pose •Salutation •Extended Hand to Big Toe Pose •Supported Pigeon Pose •Standing One Legged King Pigeon Pose •Goddess Pose •Twisted Leg Side-bending Mountain Pose •Warrior 1 •Downward eagle Pose •Sideways Bend Towards the Toes •Awkward chair Pose •Flying Eagle Pose •Twisting Triangle Pose •Hand at Foot Pose •Sep Leg •Head to Knee Pose •Standing Forward Bend •Revolved Extended Side Angle Pose •Warrior 2 Pose •Bound Hal Moon Pose •Twisted Side Angle •Standing One Legged King Pigeon Pose Remember, this is a picture book and it will help beginners and advanced practitioners get their poses correct. Download Today! Tags: yoga, yoga poses, yoga guide, yoga for beginners, advanced yoga, yoga books, yoga posture

## Book Information

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## Customer Reviews

This is a useful book for experienced yoga partakers and experienced ones alike. This book contained 100 key yoga poses, the illustrations were easy to read and follow. Yoga is about the body on a whole, it's a great exercise to promote wellness in body and mind. I enjoyed this book from cover to cover as I was able to learn and follow and I am elated to say that I am now a yoga exercise enthusiast.

I've had some medical issues, and wanted to try out a few poses to relax. This really helped in getting some basic formations down. I liked the way each pose was named, and there was a clear picture for each pose. I did want a little more description about how to do each pose, but that would be my only complaint. This seemed like a good book to get started in practicing your yoga positions.

This book contains 101 Yoga poses and postures. It is very useful for beginners and advanced practitioners of Yoga. Yoga is not aimed at any particular part of body, but it is a lifestyle for well-being of both mind and body. Yoga gives us peace of mind as well as it keeps us fit. It will fill us with positive thinking. Each picture in this book is just like a well described guide for Yoga practitioners. Since Yoga has its origin in Sanskrit, each postures are named with Sanskrit words. We can use this book as a guide to practice Yoga in our daily life.

Lots of typos, wrong names and repeated poses. Very poor description on how to come in to poses, making it even dangerous for novices trying to do some more advanced poses like shoulder stand or pincha. The only thing I like is that I found some new poses to try, but definitely would look for someone or a better book to give me good cues and instructions.

Mother of all creatures, big and small! The dude in the pics is a human pretzel! Amazing! My wife got me into yoga five years ago. Well, I can probably do 20% of what you can see in this book (if I don't die trying). In other words, you can go into yoga as lightly or as deeply as you wish. This book covers it all. Fantastic. Very clear information. Great pictures.

Incredibly useful book to see the poses in still life and very helpful in learning how to do them. Highly recommended.

I'm sure the e book version- being \$3- can be a helpful resource for many postures. The hard copy

however, is just a printed e- book- with low res pics and computer links to click on... Obviously you can't click a link in a real book- and there's no web address- just a "click here". For \$24 ?! Im sad I have to even pay for the shipping back- guess I should get a kindle:/

Great book it's really a whole-body experience, very informative guide. It makes it easy to get familiar and learn the yoga Poses I am very excited to try all the yoga positions.. It definitely a big encouraging for me to start! I highly recommend this book to anyone interested in Healthy lifestyle.

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