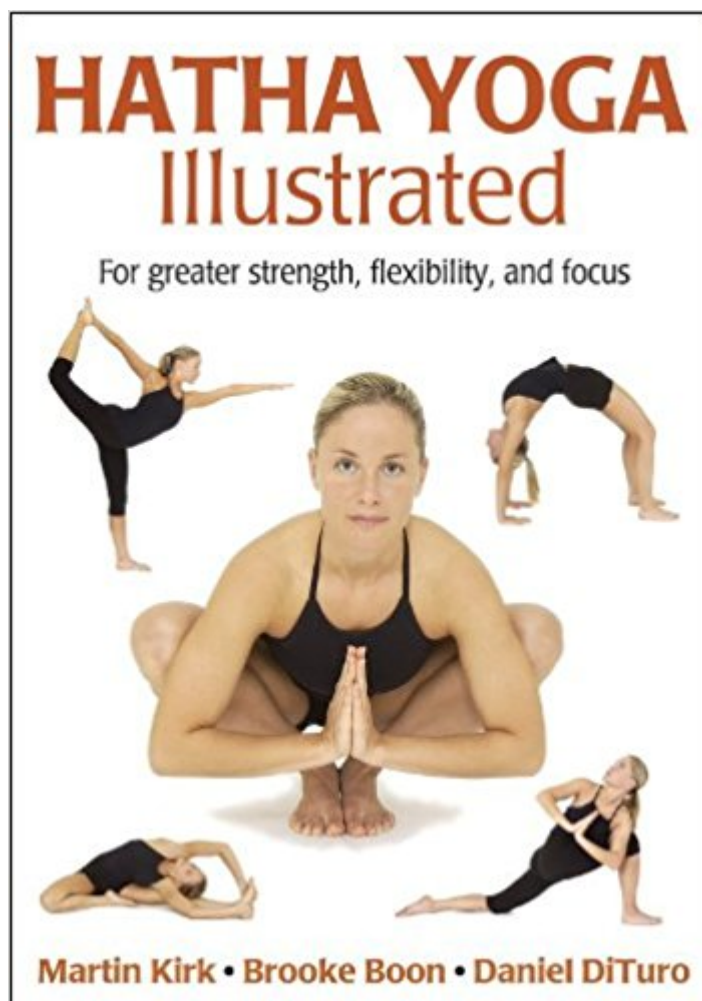


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# Hatha Yoga Illustrated



## Synopsis

Experience the physical benefits and body awareness from hatha yoga—the most popular form of yoga today. *Hatha Yoga Illustrated* presents nearly 650 full-color photos to visually demonstrate 77 standard poses from hatha yoga that apply to all major hatha styles including Iyengar, Astanga, Anusara, and Bikram. Individual poses are presented from start to finish, showing you how to achieve proper alignment and breathing to ensure challenging yet safe execution. The result is an increase in the effectiveness, both physically and mentally, you'll experience with each pose. Several pose variations based on your personal preference, ability, and fitness level are also included. Eleven sample yoga routines show how to assemble the poses into workouts that meet your specific time, difficulty, and intensity parameters. Colorful and comprehensive, *Hatha Yoga Illustrated* is organized for your ultimate convenience and use. Use it to guide your muscles, as well as your mind, and increase strength and stamina, reduce stress and anxiety, reduce blood pressure, and increase flexibility.

## Book Information

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## Customer Reviews

"Hatha Yoga Illustrated is a complete and practical introduction to the physical practice of yoga that serves as a fantastic starting point on the road to both physical and emotional wellness." Baron Baptiste, Pioneering instructor of Power Vinyasa Yoga, Author of *Journey Into Power* "Hatha Yoga Illustrated makes the theory and practice of hatha and Anusara yoga accessible so that everyone can experience the healing, creative and empowering journey of self-practice. The section on various vinyasa sequences is a hard-to-find gem." Shiva Rea, Yoga instructor and writer for *Yoga Journal*

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Really pretty good. Good price and the illustrations are clear and fairly numerous. They show intermediate steps, going from the rest position into the full poses. And they show "gentle variations" of poses for those for whom the full pose is not achievable. Of course, there are the obligatory shots of poses that very human beings who are not already experts in Yoga could possibly assume, and my guess is that the experts are not buying this book. I guess that sort of thing is meant to be inspirational and in some ways it is, despite my certain conviction that some of that stuff will remain forever beyond reach. I would have liked a bit more information on how to put together a full integrated session - i.e., a series of poses and transitions for different work outs. Also maybe a bit more detail on how long to hold each position and how many repetitions of the position to do in a session would have been nice. Finally, at the end, where they do make some suggestions along these lines, they note that some of the positions suggested for the integrated work out are NOT illustrated in the main text. Very curious omission - why not? In any case, I'm glad I got it and find it generally quite helpful; the minor deficiencies kept it from a 5 however.

This book is great because it explains basic asanas and information about yoga, without adhering to any specific type of yoga. I've read endless books on yoga, and most of them are either about specific type of yoga such as power yoga, or they are taught by a specific yogi that tries to teach you their method. Over time I realized the best way to practice is based on my own intuition rather than a specific method. This book helps me understand each asana in an encyclopedia type format. The full color photos make it easy and pleasant to read.

I started yoga about a month ago and decided to get this book to get a better understanding of it as a practice, along with the uses of each pose. This book does exactly that! It gives you a good foundation for why yoga is useful and how it came about. It describes the major forms of yoga, as

well as the benefits of to the body. The illustrations make practicing at home and the studio SO much better! Not only am I hearing from my teacher why a pose should be done a certain way, but I know for myself the benefits. I highly recommend this book!

Very good step by step illustrated guide to poses, though many I'll never be able to even consider trying! Still, if the impossible happens I'll be ready. Also good for the poses I can do!!

Good reference book for yogis of all levels. This has helped me design flows and sequences for our home practice. The pictures are good and you can quickly find the poses you need.

Since there are two versions available for Kindle, which could cause confusion, I thought I'd try to help clear things out. I purchased both to check out the differences, but only kept the one I liked best. The Kindle version with the 2005 publication date is actually based on a 2006 version of the book. The photos are clear and crisp, and the ebook contains links that the reader can use to navigate to relevant parts of the book. Conversely, the Kindle version with the 2010 publication date is based on an older version of the book (2003, I believe). The photos are somewhat grainy, and there are no links in the text. I actually liked the way the text was formatted in this version much better, but the links and better-quality photos in the other version were worth the aesthetic sacrifice in my case. Note that my comments above are true as of my writing them, but Human Kinetics may fix this issue in the future.

I was looking for a book which had easy to see and read descriptions of different postures as well as ideas for sequencing for classes. I do like the illustrations as well as the descriptions/instructions given on how to get into the postures. If you are a new-er teacher, you could use some of the descriptions on how to get into certain postures in your class. The pages look clean and neat and not overcrowded (like some instructional books with illustrations). I also like that the page materials are sturdier than others (not paper thin and easily torn). I was a bit disappointed in the part on sequencing though. I was hoping the book would give a bit more variety or originality as well as a longer sequence (toward the end when they offer class descriptions and sequences). I like Mark Stephen's book better for that. All-in-all though this was worth getting and I would recommend purchasing it.

Great book, the pictures are very helpful and include modified poses for people who are newer to

yoga or have injuries/health issues. Easy to read and follow.

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