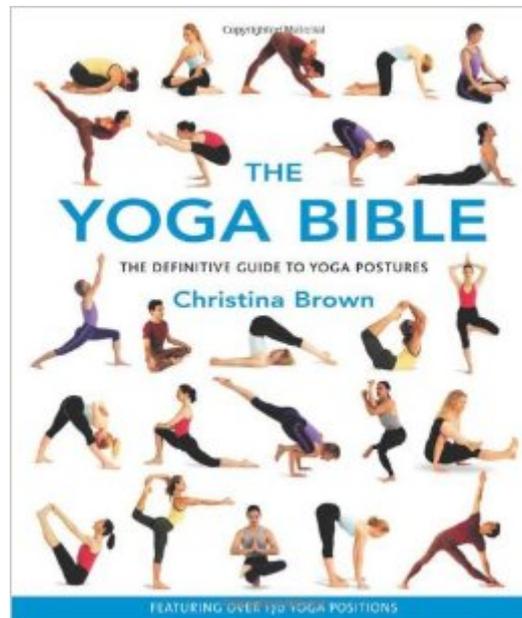


The book was found

# The Yoga Bible



## Synopsis

Featuring over 150 yogic postures from the main schools of yoga, including Iyengar and Astanga Vinyasa, this book is a comprehensive illustrated step-by-step guide to achieving each posture. It offers advice on altering postures where necessary, enabling beginners to try more difficult positions. Experienced yoga practitioners will also find a number of challenging, advanced positions--perfect inspiration for developing their practice. In addition to postures, the book includes notes on various types of yoga practices as well as a summary of well-known traditional schools of yoga and how they vary. Readers will also find advice from the author on breathing techniques and the benefits of yoga in healing, pregnancy, de-stressing and meditation.

## Book Information

Paperback: 400 pages

Publisher: Walking Stick Press; 39820th edition (May 29, 2003)

Language: English

ISBN-10: 1582972427

ISBN-13: 978-1582972428

Product Dimensions: 5.5 x 1.1 x 6.6 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (298 customer reviews)

Best Sellers Rank: #3,592 in Books (See Top 100 in Books) #1 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Walking](#) #15 in [Books > Sports & Outdoors > Hiking & Camping](#) #16 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

The Yoga Bible: The Definitive Guide to Yoga Postures by Christina Brown is a nice little yoga book that fits snugly into your bag and can be a source of inspiration for all yoga students but some of the poses would challenge the most advance yogi's. Physically, this book has a small foot print but has over 400 pages of information and covers 170 Yoga Positions. The construction seems average at best. I doubt if this book would stand up to much wear and tear since the binding looks brittle. It is tough to keep open on the mat with out the pages closing quickly on you. It should be bigger! The content of the books starts with Part One: Introductions (8 Yoga Limbs, Breathing, and Practice Suggestions), Part Two: The Practice (Postures, Pranayama, Mudras, Bandhas, and Kriyas), Part Three: Yoga with a Special Focus (Ailments, Meditation), Part Four: Finding Your Yoga (9 Branches of Yoga). Part One: Introductions - Starts with the History of Yoga, Rewards, The Eight Limbs of

Yoga, and Practice Guidelines. This section is clear, short, and concise. The guideline for practicing offers some very good suggestions for approaching your time on the mat. Part Two: The Practice - The color photos are great and the detailed Information Box is extremely helpful with the following headings: Gaze, Build-Up Poses, Counter Poses, Lighten, and Effect. It would have been even better if they would have included Warnings and included page numbers next to the Build-Up and Counter Poses for quick reference. The models are exceptionally yogis with many years of practice so use some caution when trying these poses. It would have been an added benefit to show modifications with props.

[Download to continue reading...](#)

YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga How We Got the Bible Pamphlet: A Timeline of Key Events and History of the Bible (Increase Your Confidence in the Reliability of the Bible) Then and Now Bible Maps: Compare Bible Times with Modern Day - Overhead Transparencies (Then & Now Bible Maps at Your Fingertips) The Massive Book of Bible Trivia, Volume 1: 1,200 Bible Trivia Quizzes (A Massive Book of Bible Quizzes) Rainbow Warriors and the Golden Bow: Yoga Adventure for Children (Rainbow Warriors Yoga Series) Luke's Beach Day: A Fun and Educational Kids Yoga Story (Kids Yoga Stories) Good Night, Animal World: A Kids Yoga Bedtime Story (Kids Yoga Stories) Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy Gentle Yoga for Multiple Sclerosis: A Safe and Easy Approach to Better Health and Well-Being through Yoga Yoga for Better Bones: Safe Yoga for People with Osteoporosis The American Yoga Association's Easy Does It Yoga : The Safe and Gentle Way to

Health and Well-Being

[Dmca](#)