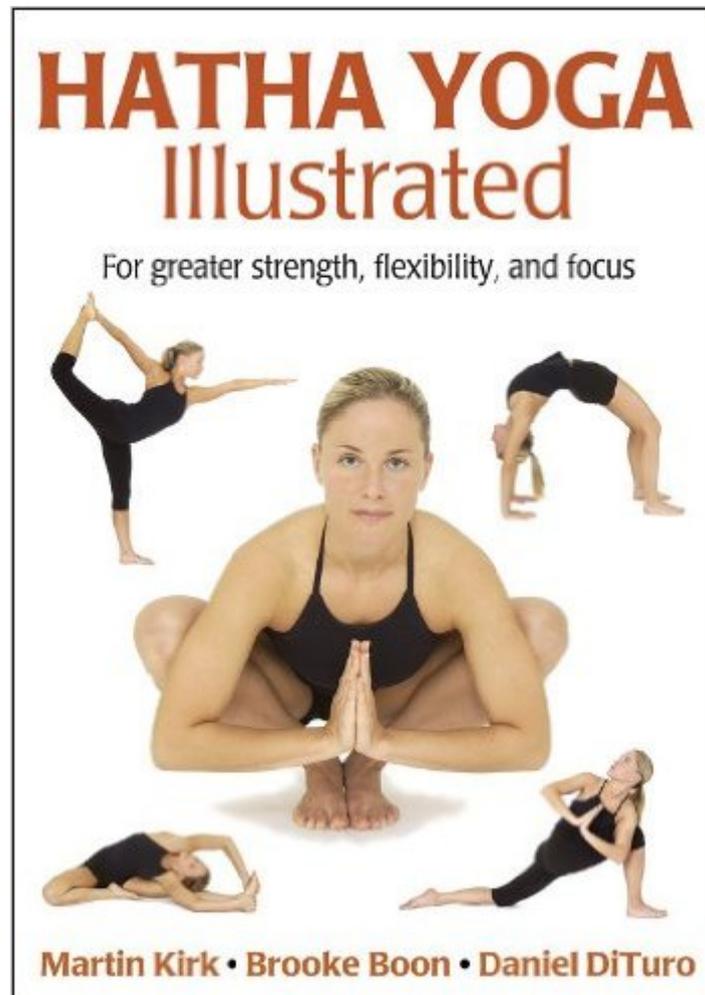


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# Hatha Yoga Illustrated



## 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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Average Customer Review: 4.7 out of 5 stars — See all reviews (226 customer reviews)

Best Sellers Rank: #16,462 in Books (See Top 100 in Books) #66 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #478 in Books > Sports & Outdoors

## Customer Reviews

Hello. I am a bodybuilder/weightlifter and long distance runner who started doing Yoga in 2002 (I practice 6-7 days a week, at least 90-120 min. daily) after surgery to repair the L5-S1 disc in my back, which I blew out while running with a cold and coughing intensely (coughing, sneezing, and laughing allegedly places tremendous pressure on your spine). I have read or purchased at least 15 books on Yoga. This one is by FAR the best (9.5.04). One pet peeve of mine has been hairy, anorexic-looking, freaky looking Yogis showing off incredibly difficult poses that take years and years to master, if at all. These authors and models are very normal looking and easy on the eyes.

This book does indeed display difficult poses, but also shows important modifications for those less accomplished. The book shows the Sun Salutations of course, and dozens of other standing, seated and twisting, forward bends, reclining, arm balances and inversions. Each has a thorough description of the benefits and instructions with fantastic photos for all levels of practitioners. You will develop more lean muscle mass, lose weight, and increase flexibility and balance if you are serious about your training (obviously combined with a healthy eating style). The authors summarize several different workouts in a one-two page layout at the back of the book. Another nice feature in my opinion, the authors don't ramble on about the horrors of eating meat, simply saying that it is an intensely personal decision. Moreover, the authors refrain from outlandish promises that I have found to be either completely inaccurate, scientifically unproven, and/or lies. Yoga is like any other form of fitness. You get out of it what you put in.

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