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A Beginner's Guide to the Roots of Yoga Nikita Desai, 2025-01-30 Crucial and timely VEX KING SHORTLISTED FOR THE HEALTH AND WELLBEING AWARDS 2025 BEST WELLBEING BOOK Learn how to incorporate traditional yoga into your modern practice and feel the benefits Yoga in its authentic form is focused on inclusivity inner work and peace But the yoga that is practised in the Western world has got a little lost along the way Join Nikita Desai on her mission to help us understand yoga beyond the physical poses and pricey outfits that we re so familiar with today Drawing on research and teachings from ancient sources Desai helps us navigate this complex practice as we learn how to Unpick the problems in modern yoga Understand the fundamentals of what yoga is in its truest form Explore key yogic texts and gurus to support our learning Add in practical elements of traditional yoga to our current practice both on and off the mat *A Beginner's Guide to the Roots of Yoga* is the essential companion for anyone who wants to practise yoga respectfully and fully What readers are saying This was exactly what I never knew I needed to assess my foundation of knowledge An outstanding book for yoga lovers and learners everywhere If you are new to yoga practices and you are looking to gain some insight and deepen your connection jump in practise read this book and enjoy the journey

The American Yoga Association Beginner's Manual Fully Revised and Updated Alice Christensen, 2010-11-30 Now fully revised and updated with all new photographs and revised text this essential step by step guide provides students with the information and guidance they need to learn Yoga safely and effectively The American Yoga Association has set the standard for yoga instruction for more than thirty years Its classic Beginner's Manual has sold close to 100 000 copies nationwide since its release in 1987 Now fully revised and updated with all new photographs and revised text this essential step by step guide provides students with the information and guidance they need to learn yoga safely and effectively Now that there are an estimated 18 million yoga enthusiasts in the United States this influential resource is poised to inspire a whole new generation of students to discover the myriad physical and spiritual benefits of practicing yoga

The Yoga Body Lola Berry, 2018-05-29 Nutritionist yoga teacher and bestselling author Lola Berry shows you how to achieve and maintain a yoga body inside and out Not only will you improve your fitness and flexibility lose weight and tone up yoga will also help you to quieten a busy mind and make mindfulness a part of your daily routine Lola includes The lowdown on yoga's many physical mental and emotional benefits A guide to choosing the right style of yoga to suit your interest and fitness level The core yoga poses and a range of fully illustrated sequences to target either specific areas of the body or common life challenges such as sleep and low mood Nutritional information on the benefits of clean eating including a seven day vegan cleanse More than 60 delicious wholefood recipes that go hand in hand with yoga practice A simple and inspiring exploration of the ethical and spiritual principles of yoga Think of this book as your own private yoga class everything you need to build a strong and flexible yoga body is right here So unroll your mat open your heart and let's go Recipes include Chakra balancing juice Iced maple cashew latte Warm

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