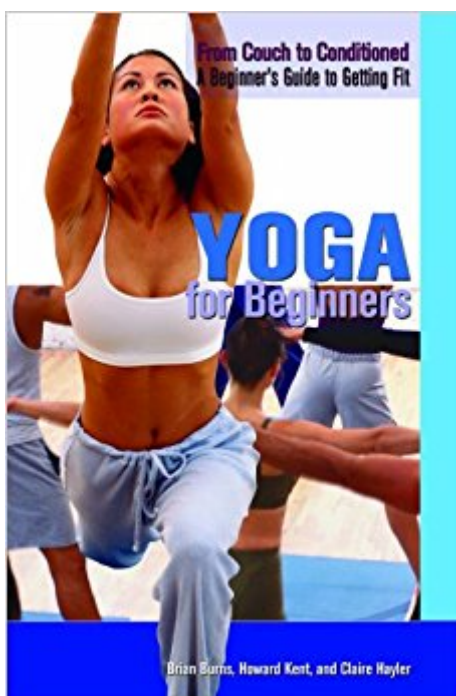


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Yoga For Beginners (From Couch To Conditioned: A Beginner's Guide To Getting Fit)



Synopsis

This straightforward guide offers beginners an introduction to the principles and benefits of yoga. Readers will learn about the eight limbs of Classical Yoga, the significance of ethical living, the interaction of the mind and body, methods for controlling breathing and the senses, and techniques for meditation. The section on asanas includes thirty-three fully illustrated postures with step-by-step explanations.

Book Information

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Age Range: 12 - 15 years

Grade Level: 7 - 10

Customer Reviews

Brian C. Burns has held key leadership, management, and sales roles at nine venture capital backed companies, resulting in three IPOs and six acquisitions. Burns founded The Maverick Organization, a consulting firm that helps companies develop effective sales strategies, sales practices, and sales teams. Tom U. Snyder is the North American CEO/Partner of PersonaGlobal, a consulting firm with offices in 42 countries, more than 1,200 sales consultants, and clients that compose over half of the Fortune 1000. Both authors reside in Bethesda, MD. --This text refers to the Paperback edition.

I love the exercises and the explanations.

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