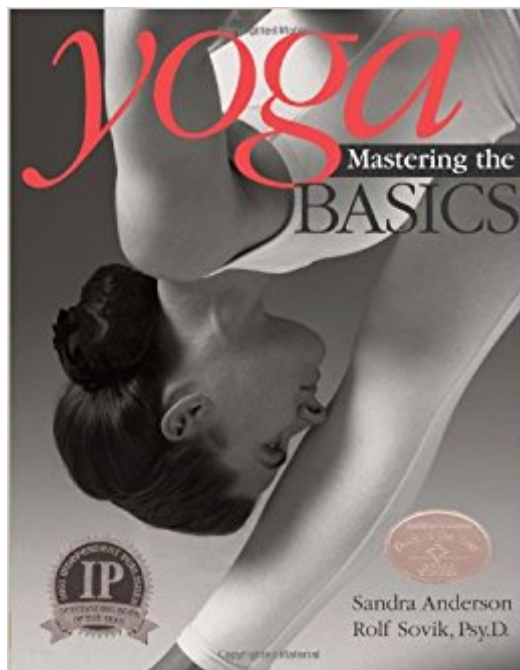


The book was found

# Yoga: Mastering The Basics



## Synopsis

This book covers all aspects of yoga practice including postures, breathing, relaxation, meditation, lifestyle and fundamental philosophy. Provides two illustrated posture sequences and has 420 photographs.

## Book Information

Paperback: 256 pages

Publisher: Himalayan Institute Press (January 25, 2007)

Language: English

ISBN-10: 089389155X

ISBN-13: 978-0893891558

Product Dimensions: 8.6 x 0.7 x 11.2 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 37 customer reviews

Best Sellers Rank: #50,921 in Books (See Top 100 in Books) #66 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #141 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #1777 in [Books > Politics & Social Sciences > Philosophy](#)

## Customer Reviews

"...if you have felt frustrated and confused in your search for the simplicity and serenity of basic yoga, look no further." -- Rudolph Ballentine, M.D., author of *Radical Healing and Diet and Nutrition*  
"I love the simple clarity of *Yoga: Mastering the Basics*! There is much here for yoga practitioners of all levels" -- Donna Farhi, author of *The Breathing Book*  
"The most beautiful and inviting new yoga book to come along in the last several years..." -- *Yoga Journal*

Sandra Anderson is the asana columnist for *Yoga International* magazine. She has been teaching yoga since 1981 and trains yoga teachers in New York, Chicago, Pittsburgh, and other cities. She lives in Honesdale, Pennsylvania. Rolf Sovik, Psy.D., is a clinical psychologist in private practice. He has studied yoga in the United States, India, and Nepal, and was initiated as a pandit in the Himalayan tradition in 1987. He lives in Buffalo, New York.

I have not yet read this from cover to cover, but, love the step by step instructions and clear photos of all the poses. Includes Asana sequences and poses arranged by type of posture serves as a quick reference for specific body areas. I went directly to the section on Lower Back as I have

issues with mine from previous injuries. The text suggests 11 different poses/sequences found in other places in the book along with several others. This was purchased for a class and will serve as a reference I will turn to repeatedly.

Great book, easy to follow!

Excellent book. A great study and teacher for what true yoga should be.

I'm a new student to yoga (only 3 classes so far) and this book is helping me understand the practice and poses of yoga. Not only am I learning in class but this book is allowing me to review the poses at home and continue my journey in the privacy of my home as well.

Outstanding pictures and very helpful to this novice in Yoga. I highly recommend this for clarification and as a reference source.

Fantastic and eye-opening! Well written and easier accessible! Highly recommended!

Very good illustrations.

Historical, scientific and easy to read-comprehend.

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

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a

Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Yoga: Mastering the Basics Yoga Diet: How to Energize Your Yoga Practice and Nourish Your Body for Optimal Health and Happiness Yoga For Weight Loss: Yoga Weight Loss Secrets to Melt Fat, Trim Inches and Get a Youthful Sexy Body

FAST! Light on Yoga: Yoga Dipika Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect for Beginners with Yoga Poses Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)