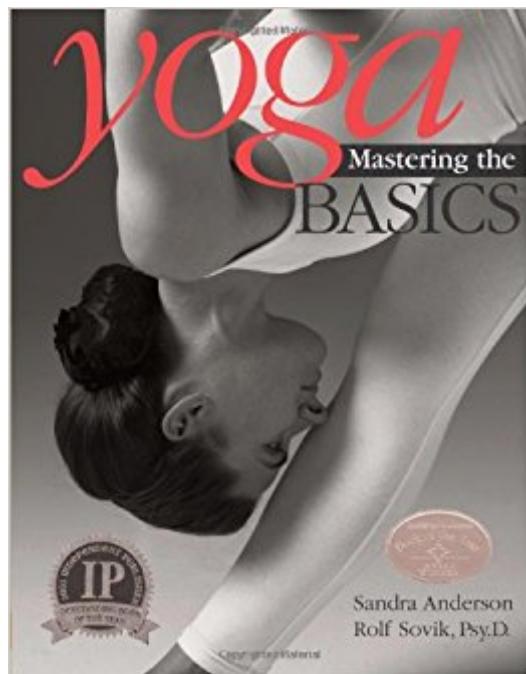


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# **Yoga: Mastering The Basics**



## **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

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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.

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