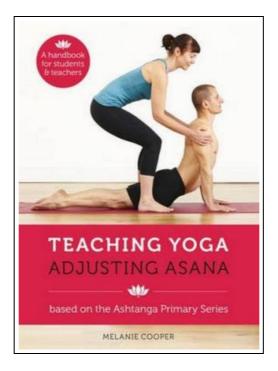
# Teaching Yoga, Adjusting Asana: Based on the Ashtanga Primary Series: A Handbook for Students and Teachers



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# Reviews

The ideal ebook i actually read through. It really is writter in simple words and phrases and not confusing. Its been written in an remarkably simple way and it is just after i finished reading this ebook where in fact modified me, affect the way i think. (Alice Cremin)

# TEACHING YOGA, ADJUSTING ASANA: BASED ON THE ASHTANGA PRIMARY SERIES: A HANDBOOK FOR STUDENTS AND TEACHERS



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Yogawords Ltd, United Kingdom, 2013. Spiral bound. Condition: New. Language: English. Brand New Book. The first part of the book explores the fundamentals of teaching in a simple, clear, accessible way. The author covers how to teach crucial concepts such as breath, muscle lock and gaze, as well as more general topics including injuries, ethics and the spiritual aspects of yoga. Part 1 also includes a quick-look guide to counting the Primary Series, and teaching points for each Primary Series posture. In the second part of the book the author demonstrates helpful techniques for deepening common yoga postures, and provides a complete guide to hands-on adjustment for the Ashtanga Primary Series.

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