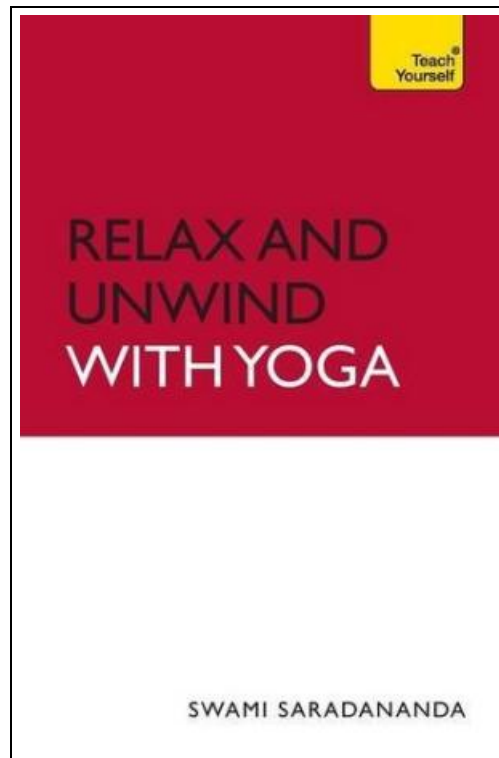


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Hodder Stoughton General Division, United Kingdom, 2010. Paperback. Book Condition: New. 197 x 130 mm. Language: English . Brand New Book ***** Print on Demand *****.Is this the right book for me? Relax and Unwind with Yoga is designed to help you reap the full benefits of yoga for practical and emotional wellbeing by following a daily routine that doesn't require a huge amount of commitment. Ideal for the beginner with no previous experience, it outlines all the basic/key exercises (asanas) you will need in addition to giving you information on how, where and when to practice them. There is plenty of insight into the philosophical background of yoga and helpful tips on diet and lifestyle. Supporting materials, including a practice diary, will allow you to record your progress, while a list of teachers and sources for taking it further will be useful to all those who wish to deepen their practice. Relax and Unwind with Yoga includes: Chapter 1: Introduction The philosophy and goals of yoga The main paths of yoga - which one is for you? Hatha yoga: ancient techniques for a modern lifestyle Benefits of hatha yoga Chapter 2: Starting your practice Starting your practice When and how often Where and with whom Who can practise yoga What you will need Safety measures Chapter 3: The exercises - asanas Warming up Standing and balancing: connect fully with your body Sitting and forward bending: focusing within Back bends: opening up to the world Twists: wringing out negativity Inverted poses: attain a new vision of life Relaxation techniques: winding down Chapter 4: Pranayama - working with breath Why do pranayama? Styles of breathing Kapalabhati: purifying the mind and body Nasal cleansing exercises to enhance your breathing exercises Chapter 5: Yoga lifestyles Moderation in all things Keeping your life...



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