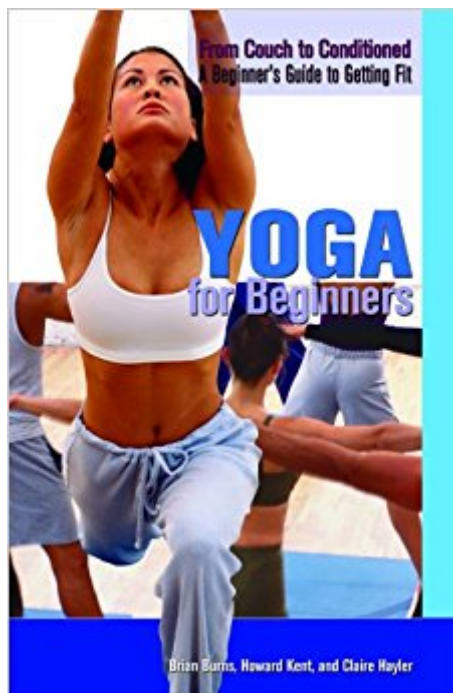




Ebook Directory
the best source of ebook

The book was found

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

Series: From Couch to Conditioned: a Beginner's Guide to Getting Fit

Library Binding: 96 pages

Publisher: Rosen Pub Group (August 15, 2011)

Language: English

ISBN-10: 1448848172

ISBN-13: 978-1448848171

Product Dimensions: 0.5 x 6.5 x 9.8 inches

Shipping Weight: 10.6 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,398,757 in Books (See Top 100 in Books) #51 in [Books > Teens >](#)

[Personal Health > Fitness & Exercise](#) #198 in [Books > Teens > Personal Health > Body, Mind & Spirit](#) #316439 in [Books > Children's Books](#)

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.

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

Yoga for Beginners (From Couch to Conditioned: a Beginner's Guide to Getting Fit) Tai Chi for Beginners (From Couch to Conditioned: A Beginner's Guide to Getting Fit) Long Distance Running for Beginners (From Couch to Conditioned: A Beginner's Guide to Getting Fit) 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) My Couch is Your Couch: Exploring How People Live Around the World Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Fearlessly Fit at Home: Your Personal Guide to Getting Fit 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) 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) 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: For Curvy Girls Guide - Easy Beginner's Poses for Women with Curves (Yoga for Stress Relief, Anxiety, Sleep & Weight Loss) Get Fit Now For High School Basketball: The Complete Guide for Ultimate Performance (Get Fit Now for High School Sports)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)