

# [PDF] Yoga Mind And Body

Inc. Dorling Kindersley - pdf download free book

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**Books Details:**

Title: Yoga Mind and Body

Author: Inc. Dorling Kindersley

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## Description:

The London Sivananda Yoga Center's *Yoga Mind & Body* is a comprehensive yet user-friendly guide for anyone interested in starting or expanding a yoga practice. All the essentials are covered, from the Sun Salutation and 12 basic *asanas* (the system of poses that make up *hatha* yoga) to relaxation, positive thinking, breathing, purification, and meditation techniques. The book contains more than 500 beautiful illustrations demonstrating both basic and advanced poses. The detailed instructions will enable anyone, regardless of age, sex, or physical ability, to start practicing yoga at home. The physical, mental, and *pranic* (energy) benefits of each pose are included, as well as a discussion of common alignment problems associated with each *asana*. The authors also give readers a taste of yoga philosophy and the yoga lifestyle, including a section on vegetarianism complete with dozens of recipes to refuel after completing those shoulder stands, forward bends, and spinal twists. --*Ellen Albertson* --This text refers to an out of print or unavailable edition of this title.

**From School Library Journal** YA?A book that promotes the idea of strong minds and bodies in an appealing manner. Each page has colorful illustrations, charts, and large print. The straightforward presentation is devoid of New Age jargon and will lead readers to an appreciation and comprehension of this ancient art. Five main principles of yoga based on the tenet of "simple living and high thinking" are introduced. Each one is explained and illustrated in a separate section of the book. The chapter on proper exercise is the longest section and goes through a complete workout session with full-color photographs and drawings of each position. The mental and physical benefits of each position are listed as well as possible problems, and variations for different skill levels. The chapter on vegetarian diet has 20 pages of recipes using familiar ingredients and utensils.?Penny Stevens, Fairfax County Public Library, VA  
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