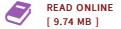




## Exercise in ActionYoga: An Instant Visual Guide to Learning Yoga

By Kase, Betsy.

Thunder Bay Press. 1 Paperback(s), 2014. soft. Book Condition: New. The founder and director of New York's Yoga Haven, Betsy Kase here shows how to improve or initiate your own yoga routine, explaining how drawing our attention to simple movements becomes an entry point into awareness and the quieting of the cyclical thoughts that clutter the mind. Kase explains which poses to do for various parts of the body and to increase flexibility, strengthen your core, improve balance, and gain a better sense of mindfulness, all without having to join an expensive studio. Along with clear step-by-step explanations and bullet points on what to do (and what to avoid) for correct performance, this exceptional exercise book shows the action in overlapping before-and-after photos, so you can easily see how to move your body. Here too are anatomical drawings that show which muscles are in play and how they are used and strengthened. 160.



## Reviews

This kind of pdf is every little thing and taught me to looking forward and more. It is one of the most incredible book i have read. You wont truly feel monotony at whenever you want of your time (that's what catalogs are for about should you check with me). -- Miss Amelie Fritsch DVM

Extensive manual! Its this type of great read through. Sure, it is actually engage in, nonetheless an interesting and amazing literature. Its been written in an exceedingly simple way and it is simply right after i finished reading this pdf through which basically altered me, affect the way i believe. -- Mrs. Mertie Cummerata