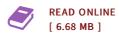




The Mark Stephens Yoga Sequencing Deck (Paperback)

By Mark Stephens

North Atlantic Books, U.S., United States, 2016. Paperback. Condition: New. Language: English. Brand New Book. Based on Stephens best-selling Yoga Sequencing, this deck is the perfect companion or standalone for creative yoga students and teachers. The Mark Stephens Yoga Sequencing Deck empowers yoga students and teachers to be their creative best in designing yoga classes. With a 92-page booklet covering the principles of sequencing yoga classes and providing clear guidance on arranging postures in the most effective ways, the deck includes 100 yoga flash cards color-coded by pose family (Standing, Core, Arm Support, Back Bends, Seated Twists, Forward Bends Hip Openers, Inversions, and Savasana). The cards feature clear color photos of postures with the corresponding English and Sanskrit names on side one and detailed information on how to put postures together in sequences that work for unique students and special class intentions on side two. The perfect companion to Yoga Sequencing or for use on its own, this deck is a hands-on way for readers to gain knowledge and skills for planning and designing yoga classes. The booklet and cards come packaged in a box approximately 4 inches wide, 6 inches tall, and 2 inches thick perfect for easy storage...



Reviews

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ida Herman

This ebook could be well worth a study, and superior to other. It really is basic but unexpected situations inside the 50 % of your ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Prof. Buford Ziemann