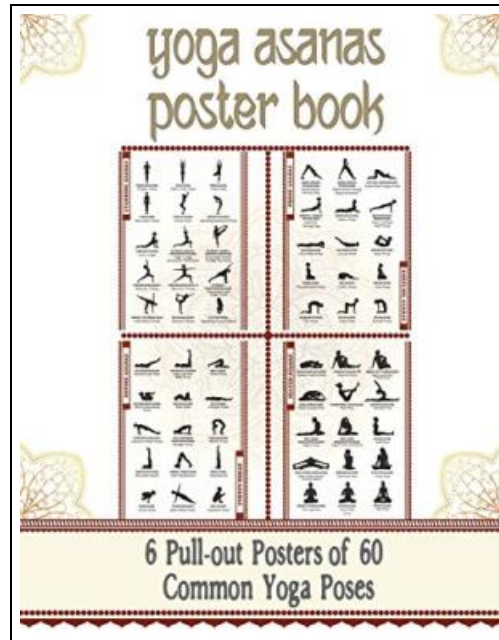


Yoga Asanas Poster Book: Lllustrated Chart of 60 Common Yoga Postures (Positions) - Yoga Pose Names in Sanskrit and English - Great for Hatha Yoga Beginners to Advanced (Paperback Book Format with 6



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Reviews

This written ebook is fantastic. It is probably the most incredible ebook we have read. Its been written in an extremely basic way in fact it is just following i finished reading this publication where basically modified me, affect the way i think.




(Howell Reichel)

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Mindful Word, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Yoga Asanas Poster Book contains pictures and names of 60 common Yoga poses (also known as asanas, postures or positions). This book organizes poses into the following categories: standing, seated, kneeling, supine, prone and other. The Yoga asanas are named in both Sanskrit and English to aid learning. This 24-page booklet comes with six identical pull-out posters inside (of four panels each) to give you more options to use the material and study the poses better (or to give extras away to friends!). Use Yoga Asanas Poster Book in the following ways: Poster - Pin two copies up on the wall (one for each side) to make a Yoga poses wall chart Book - Leave one copy in the book and stand it up as you do your Yoga practice Flash cards - Cut the figures out and make flash cards out of them to aid in your study of the poses Handouts - Give out Yoga poses handouts to your students The idea is that the more different ways you practice learning the poses the more easily you will remember them. This chart is designed with dark silhouette figures and easy-to-read text so it can be read at a good distance relative to its size. A practical aid to your Yoga practice, Yoga Asanas Poster Book makes a great addition to your home practice room or Yoga studio.

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