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Alignment Yoga: An Intelligent Approach to Ancient Wisdom (The Beginning Practice Manual)

Scott Anderson

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Practitioners near and far can now learn the core principles of Alignment Yoga on their own time, in their own home. Part I presents the unique qualities of Alignment Yoga, and what makes this style of yoga so safe and effective. Part II presents the Alignment Yoga Beginning Sequence of 20 poses, with clear instructions, color photos, and tips on how to avoid common mistakes.

What is Alignment Yoga?
The goal of Alignment Yoga is to faithfully import the essence of yoga while understanding the cultural differences. With this understanding, we can enjoy the full benefits of this rewarding path. Scott Anderson founded this unique approach after studying with several great Hatha Yoga masters, extensive studies of biomechanics, and a half-dozen trips to India.

Review
"Scott Anderson's deep knowledge of the human body, combined with his systematic, folksy and spiritual approach to teaching make this an irresistible choice for anyone interested in cultivating body-mind integration. Scott is a master teacher who conveys the practice with clarity, wisdom and humor. I have been around many teachers of Hatha Yoga in my career and Scott is by far the most gifted."
--Dr. Richard Davidson, Director of the Center for Investigating Healthy Minds, University of Wisconsin-Madison

What's inside:

Part I: Principles of Alignment Yoga
Introduction
Principles of Alignment Yoga
The Three Fundamentals
Pre-Yoga
The Recipe
Action and Resistance
Win-Win Alignment

Part II: The Beginning Syllabus
Three Fundamentals Check-in
Pre-Yoga
Standing Poses
Inversions
Back Bends
Front Bends
Twists
Quiet Sitting
Relaxation

Conclusion

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From reader reviews:

David Unruh:

This Alignment Yoga: An Intelligent Approach to Ancient Wisdom (The Beginning Practice Manual) book is simply not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is information inside this reserve incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. That Alignment Yoga: An Intelligent Approach to Ancient Wisdom (The Beginning Practice Manual) without we know teach the one who reading through it become critical in contemplating and analyzing. Don't end up being worry Alignment Yoga: An Intelligent Approach to Ancient Wisdom (The Beginning Practice Manual) can bring once you are and not make your bag space or bookshelves' grow to be full because you can have it within your lovely laptop even telephone. This Alignment Yoga: An Intelligent Approach to Ancient Wisdom (The Beginning Practice Manual) having excellent arrangement in word along with layout, so you will not feel uninterested in reading.

Jennifer Day:

A lot of people always spent their own free time to vacation as well as go to the outside with them family or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that's look different you can read some sort of book. It is really fun for yourself. If you enjoy the book which you read you can spent all day long to reading a book. The book Alignment Yoga: An Intelligent Approach to Ancient Wisdom (The Beginning Practice Manual) it is extremely good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. In case you did not have enough space to create this book you can buy often the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too costly but this book features high quality.

Hubert Macarthur:

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Mary Varnum:

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