



Anatomy, Stretching & Training for Yoga: A Step-by-Step Guide to Getting the Most from Your Yoga Practice

Amy Auman, Lisa Purcell

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With training tips, exercises, and injury remedies, this is an essential book for every yogi and instructor!

Yoga is more than just an exercise; it's a way of spiritual living that has been growing in popularity throughout the years. But nothing ruins the tranquility of yoga faster than an unfortunate injury. Yoga focuses on almost every muscle in the body, from the core of the abdomen, to the muscles of the back, right down to the delicate muscles in the neck. All of these are prone to injury, and all of those injuries can keep you off the mat. That's why every yogi needs *Anatomy, Stretching & Training for Yoga*. Amy Auman and Lisa Purcell provide expert advice on how to achieve perfect flexibility while minimizing injury, with tools and training on the following subjects:

- Finding the proper equipment: which mat works best for you
- Warm-up stretches and why they are important
- Corrective exercises to improve your balance and flexibility
- Step-by-step photos
- And much more!

Anatomy, Stretching & Training for Yoga details how to achieve each pose, or asana, and properly align your body to begin a daily routine that will provide you with a calm focus while improving your strength, flexibility, balance, and posture. A handy guide lets you know which muscles are the main targets of each asana, each asana's benefits and cautions, and tips on perfecting your form. Here you'll find all the information you need to help you avoid common injuries and become the best yogi you can be!

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Typically the book Anatomy, Stretching & Training for Yoga: A Step-by-Step Guide to Getting the Most from Your Yoga Practice has a lot of knowledge on it. So when you make sure to read this book you can get a lot of advantage. The book was authored by the very famous author. The author makes some research just before write this book. This book very easy to read you will get the point easily after reading this article book.

Martha Bryant:

This Anatomy, Stretching & Training for Yoga: A Step-by-Step Guide to Getting the Most from Your Yoga Practice is new way for you who has attention to look for some information because it relief your hunger of knowledge. Getting deeper you in it getting knowledge more you know or you who still having small amount of digest in reading this Anatomy, Stretching & Training for Yoga: A Step-by-Step Guide to Getting the Most from Your Yoga Practice can be the light food for you because the information inside this specific book is easy to get by means of anyone. These books produce itself in the form which is reachable by anyone, yeah I mean in the e-book form. People who think that in publication form make them feel drowsy even dizzy this e-book is the answer. So there is not any in reading a reserve especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss this! Just read this e-book sort for your better life and also knowledge.

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