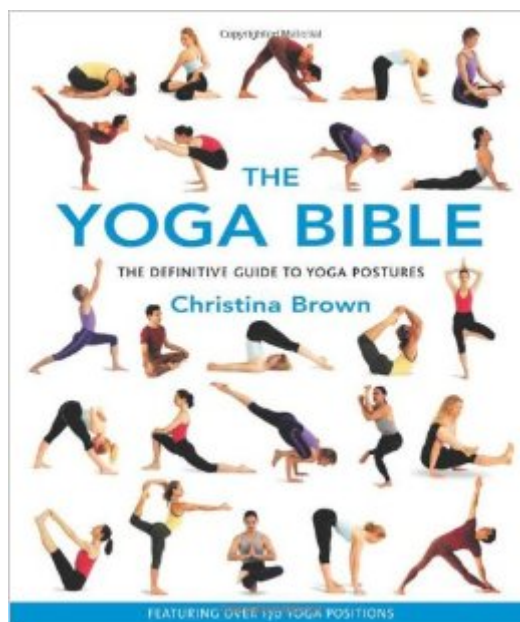


The book was found

# The Yoga Bible



## Synopsis

Featuring over 150 yogic postures from the main schools of yoga, including Iyengar and Astanga Vinyasa, this book is a comprehensive illustrated step-by-step guide to achieving each posture. It offers advice on altering postures where necessary, enabling beginners to try more difficult positions. Experienced yoga practitioners will also find a number of challenging, advanced positions--perfect inspiration for developing their practice. In addition to postures, the book includes notes on various types of yoga practices as well as a summary of well-known traditional schools of yoga and how they vary. Readers will also find advice from the author on breathing techniques and the benefits of yoga in healing, pregnancy, de-stressing and meditation.

## Book Information

Paperback: 400 pages

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Product Dimensions: 5.5 x 1.1 x 6.6 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (298 customer reviews)

Best Sellers Rank: #3,592 in Books (See Top 100 in Books) #1 in [Books > Health, Fitness &](#)

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#16 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

The Yoga Bible: The Definitive Guide to Yoga Postures by Christina Brown is a nice little yoga book that fits snugly into your bag and can be a source of inspiration for all yoga students but some of the poses would challenge the most advance yogi's. Physically, this book has a small foot print but has over 400 pages of information and covers 170 Yoga Positions. The construction seems average at best. I doubt if this book would stand up to much wear and tear since the binding looks brittle. It is tough to keep open on the mat with out the pages closing quickly on you. It should be bigger! The content of the books starts with Part One: Introductions (8 Yoga Limbs, Breathing, and Practice Suggestions), Part Two: The Practice (Postures, Pranayama, Mudras, Bandhas, and Kriyas), Part Three: Yoga with a Special Focus (Ailments, Meditation), Part Four: Finding Your Yoga (9 Branches of Yoga). Part One: Introductions - Starts with the History of Yoga, Rewards, The Eight Limbs of

Yoga, and Practice Guidelines. This section is clear, short, and concise. The guideline for practicing offers some very good suggestions for approaching your time on the mat. Part Two: The Practice - The color photos are great and the detailed Information Box is extremely helpful with the following headings: Gaze, Build-Up Poses, Counter Poses, Lighten, and Effect. It would have been even better if they would have included Warnings and included page numbers next to the Build-Up and Counter Poses for quick reference. The models are exceptionally yogis with many years of practice so use some caution when trying these poses. It would have been an added benefit to show modifications with props.

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