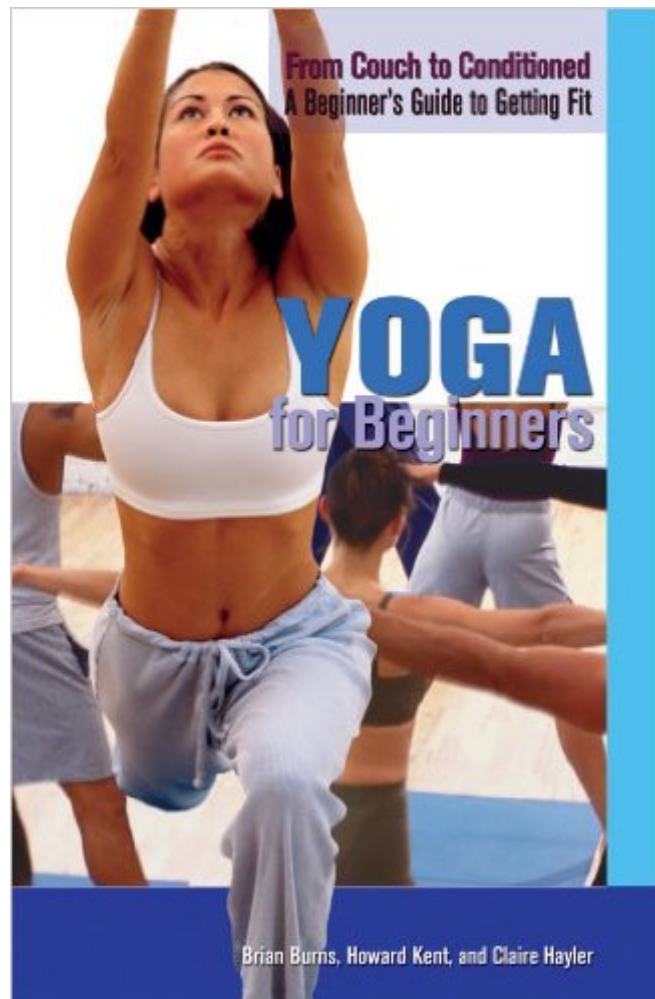


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# Yoga For Beginners (From Couch To Conditioned: A Beginner's Guide To Getting Fit)



## Synopsis

This straightforward guide offers beginners an introduction to the principles and benefits of yoga. Readers will learn about the eight limbs of Classical Yoga, the significance of ethical living, the interaction of the mind and body, methods for controlling breathing and the senses, and techniques for meditation. The section on asanas includes thirty-three fully illustrated postures with step-by-step explanations.

## Book Information

Series: From Couch to Conditioned: A Beginner's Guide to Getting Fit

Paperback: 96 pages

Publisher: Rosen Classroom (August 15, 2011)

Language: English

ISBN-10: 1448848210

ISBN-13: 978-1448848218

Product Dimensions: 5.9 x 0.3 x 8.8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #3,763,675 in Books (See Top 100 in Books) #70 in Books > Teens >

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Age Range: 12 - 15 years

Grade Level: 7 - 10

## Customer Reviews

I love the exercises and the explanations.

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