



Basic Yoga Postures and Series In A Day For Dummies

Georg Feuerstein, Larry Payne

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Learn basic yoga postures and series in a day? Easy.

Want to start enjoying the benefits of yoga today? The secret's out—you can quickly get up-to-speed on the basics of yoga and begin your workout with the help of this fun guide.

Basic Yoga Postures & Series In A Day For Dummies gives you an easy-to-follow introduction on the essential beginning elements of yoga. It's packed with tips and advice for staying balanced while maintaining proper posture (when sitting or standing) and step-by-step instructions for basic yoga sequences.

- An overview on the basic philosophy and benefits of Yoga
- Essential keys to posture, sitting, and standing
- The mechanics and practice of breathing during Yoga practice
- A recommended routine for beginners
- Online component takes you beyond the book with bonus content and features

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