



Step 1



Pranamāsana
(Prayer pose)

Step 2



Hastauttanasana
(Raised Arms pose)

Step 3



Hasta Padāsana
(Hand to Foot pose)

Step 4



Ashwa Sanchalanāsana
(Equestrian pose)

Step 5



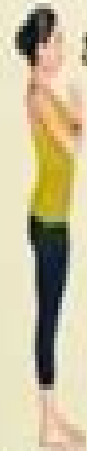
Dandāsana
(Stick pose)

Step 6



Aṣṭāṅga Namaskāra
(Salute With Eight Parts Or Points)

Step 12



Pranamāsana
(Prayer pose)

Step 11



Hastauttanasana
(Raised Arms pose)

Step 10



Hasta Padāsana
(Hand to Foot pose)

Step 9



Ashwa Sanchalanāsana
(Equestrian pose)

Step 8



Parvatasana
(Mountain pose)

Step 7



Bhujangāsana
(Cobra pose)

Yoga Guide Step By Step

Daren Callahan



Yoga Guide Step By Step:

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simple and clear understanding of the practice of yoga Work through 50 step by step illustrated poses asanas that are perfect for working through each section of the body Including an overview of the musculoskeletal system to explain the body systems and terminology discussed Then it deeply introduces yoga looking at the styles of Hatha yoga movements of the spine and its axis points how levers change the intensity of each asana types of muscle activity and the science of breathing Full color anatomical illustrations and clear concise text of 50 common yoga asanas make the science easy to understand and allow a deeper understanding of yoga and how it works with the body allowing readers to easily apply what they learn to their own practice Clear notes describe the type of muscle activation plane of movement axis of the spine and options for practical modifications to allow for individual ability and injury rehabilitation You ll also discover a list of sequences to link the asanas together to form a complete workout routine for a healthy lifestyle

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