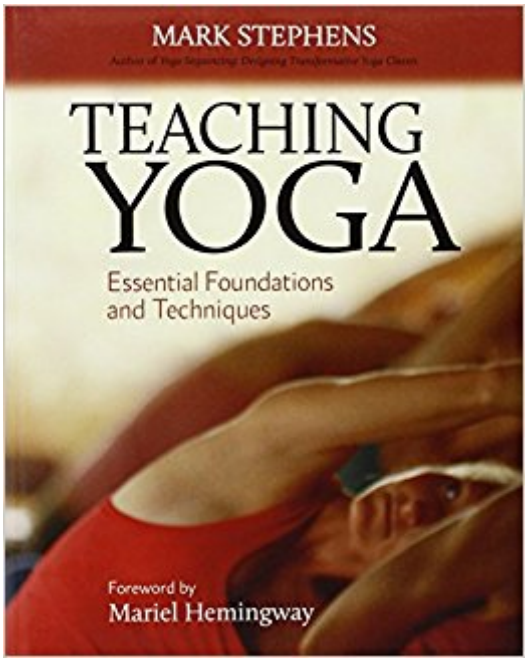
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Teaching Yoga: Essential Foundations And Techniques



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Synopsis

Teaching Yoga is an essential resource for new and experienced teachers as well as a guide for all yoga students interested in refining their skills and knowledge. Addressing 100% of the teacher training curriculum standards set by Yoga Alliance, the world's leading registry and accreditation source for yoga teachers and schools, Teaching Yoga is also ideal for use as a core textbook in yoga teacher training programs. Drawing on a wide spectrum of perspectives, and featuring more than 150 photographs and illustrations, the book covers fundamental topics of yoga philosophy and history, including a historical presentation of classical yoga literature: the Vedas, Upanishads, Bhagavad Gita, Yoga Sutras of Pataljali, and the main historical sources on tantra and early hatha yoga. Each of the eleven major styles of contemporary yoga is described, with a brief history of its development and the distinguishing elements of its teachings. Exploring traditional and modern aspects of anatomy and physiology, the book provides extensive support and tools for teaching 108 yoga poses (asanas), breathing techniques (pranayama), and meditation. Teaching Yoga offers practical advice for classroom setup, planning and sequencing classes, as well as the process involved in becoming a teacher and sustaining oneself in the profession. The book has over 200 bibliographic sources, a comprehensive index, and a useful appendix that lists associations, institutes, organizations, and professional resources for yoga teachers.

Book Information

Paperback: 432 pages

Publisher: North Atlantic Books; 40080th edition (May 25, 2010)

Language: English

ISBN-10: 1556438850

ISBN-13: 978-1556438851

Product Dimensions: 8 x 1 x 10 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 211 customer reviews

Best Sellers Rank: #5,803 in Books (See Top 100 in Books) #13 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #16 inÃ Â Books > Politics & Social Sciences > Philosophy > Consciousness & Thought #87 inÃ Â Books > Education & Teaching > Schools & Teaching > Education Theory

Customer Reviews

Ã¢â ¬Å“Whether youÃ¢â ¬â„¢re already a yoga teacher, aspiring to be one, or just seeking to

deepen your understanding and practice of yoga, Mark StephensÃ¢â ¬â„¢ thoughtful, eloquent, and thorough book would be a valuable addition to your libraryÃ¢â ¬Â¦ In Teaching Yoga, he covers all the basic topics youÃ¢â ¬â„¢d hope to find in a comprehensive teacher training classÃ¢â ¬Â¦ StephensÃ¢â ¬â„¢ deep understanding of, and appreciation for, the practice and fruits of yoga constantly illuminate his writing. That spirit gives force to his gentle insistence that all yoga teachers must look inside to find Ã¢â ¬â œ and share with their students Ã¢â ¬â œ their own authentic expression of yoga.Ã¢â ¬Â• Ã¢â ¬â •Yoga JournalÃ¢â ¬Å“Mark StephensÃ¢â ¬â„¢s all-encompassing tome for both new and experienced teachers [offers] an exhaustive overview of philosophy, history, yoga styles, and guidelines for practice... Authoritative and engaging, but never dogmatic, Teaching Yoga will help instructors fine-tune their classroom skills and empower their personal practice.Ã¢â ¬Â•Ã¢â ¬â •Yoga+Joyful Living MagazineÃ¢â ¬Å“Teaching Yoga by Mark Stephens is a great resource, not just for yoga teachers but for practitioners of all levels. It covers everything from yoga philosophy and history to the intricacies of the poses, breathing practices and meditation... The foreword is sweetly written by Mariel Hemingway and only serves to enhance this must-read for any practicing or aspiring yogi.Ã¢â ¬Â•Ã¢â ¬â •Wisconsin State JournalÃ¢â ¬Å“Mark Stephens, a teacher of teachers, has created a comprehensive and inspiring guide for yoga teachers and serious practitioners alike. In these pages, he offers us the fruit of his years of rigorous practice, his deep contemplation, and his understanding of what really matters in yoga. Filled with tips and secrets for finding the inner core of asana, gently but firmly puncturing myths, this book is a brilliant merger of traditional wisdom with contemporary rigor and insight. It should be on the shelf of everyone who loves the practice of yoga.Ã¢â ¬Â•Ã¢â ¬â •Sally Kempton, Yoga JournalÃ¢â ¬â„¢s Ã¢â ¬Å“WisdomÃ¢â ¬Â• columnist and author of The Heart of Meditation: Pathways to a Deeper Experience Ã¢â ¬Å“Comprehensive, deeply insightful, and chock full of tips and techniques for teaching and doing yoga, Mark Stephens's Teaching Yoga will be required reading for yoga teachers, teacher trainers, and serious students alike. We heartily recommend this essential new contribution to the conscious evolution of yoga.Ã¢â ¬Â•Ã¢â ¬â •Joel Kramer, coauthor with Diana Alstad of The Passionate Mind Revisited: Expanding Personal and Social Awareness Ã¢â ¬Å“Teaching Yoga is an urgently needed manual that will be a valuable tool in the arsenal of aspiring yoga teachers to add perspective and to hone their skills. It provides a wealth of foundational information, advice, tips, guidance, and grist for the mill.Ã¢â ¬Â• Ã¢â ¬â •Ganga White, founder, White Lotus Yoga Foundation, Santa Barbara, California, and author of Yoga Beyond Belief: Insights to Awaken and Deepen Your PracticeÃ¢â ¬Å“Teaching Yoga is friendly, well thought out, helpful, clear, and tremendously thorough. Many people will benefit from this gift, it

being exactly what is needed to help a growing teacher teach at his or her best. IÃ¢â ¬â„¢m glad it is finally in print and it is coming out just in time for my next teacher training!Ã¢â ¬Â•Ã¢â ¬â •Erich Schiffmann, author of Yoga: The Spirit and Practice of Moving Into StillnessÃ¢â ¬Å“Mark Stephens is making a real offering to yoga teachers, providing practical tools and inspiration for the path that embraces all forms of embodied yoga. There are hard-to-find gems that make this a great resource, from the section of the mythological meaning behind the asanas to teaching cues for the core asanas and sequencing tools from vinyasa krama. Enjoy this great resource and dive deep into your own transformation of teaching yoga.Ã¢â ¬Â• Ã¢â ¬â •Shiva Rea, leading instructor of Transformational Prana Flow Yoga and Yoga Trance DanceÃ¢â ¬Å“Yoga teachers and their students will love this book. Mark Stephens untangles the complexities of yoga philosophy, history, and energetics, offers clear and compelling techniques for teaching and exploring asanas, pranayama, and meditation, and gives teachers a rich array of practical tools for planning and sequencing classes, working with diverse students, and teaching with integrity and authenticity. Teaching Yoga should be in the hands of every teacher and dedicated student.Ã¢â ¬Â• Ã¢â ¬â •Seane Corn, yoga teacher and founder, Off the Mat, Into the WorldÃ¢â ¬Å“Yoga luminary Mark Stephens has written a book that embodies Hatha yoga itself, offering a highly informative guide for all yoga teachers. Teaching Yoga answers our questions and addresses our controversies. This comprehensive and scholarly guide is now required reading for our teaching staff.Ã¢â ¬Â• Ã¢â ¬â •Mary Lynn Fitton, founder and director of programs, The Art of Yoga ProjectÃ¢â ¬Å“Dedicated yoga students and their teachers will find Mark Stephens's comprehensive book an essential and timeless resource. Filled with profound insights presented with clarity and intelligence, Teaching Yoga is a wonderful resource that beautifully models the practice of yoga itself; it unites many diverse threads of truth into a cohesive, vibrant whole. It has quickly become an indispensable part of my teaching library.Ã¢â ¬Â• Ã¢â ¬â •Daniel Stewart, cofounder and director, Rising Lotus Yoga, Los Angeles, CaliforniaÃ¢â ¬Å“Fifteen years after starting a successful movement to bring yoga into inner city schools, prisons, treatment centers, and veteranÃ¢â ¬â„¢s facilities, Mark Stephens is back with a treasure trove of wisdom and insight drawn from years of training teachers for success in those settings as well as more traditional yoga spaces such as studios, retreats, and conferences. Teaching Yoga is destined to be a classic that every yoga teacher and student will consult for years to come.Ã¢â ¬Â•Ã¢â ¬â •James Wvinner, yogi and cofounder, Yoga, Tribe, and Culture Ã¢â ¬Å“Teaching Yoga is a wonderful addition to the growing collection of books being created for yoga teachersÃ¢â ¬Â¦ [StephensÃ¢â ¬â„¢] writing is friendly, clear, helpful and thorough.Ã¢â ¬Â• Ã¢â ¬â •YogaBasics.comÃ¢â ¬Å“Teaching Yoga:

Essential Foundations and Techniques is the first comprehensive guide written for practicing and would-be yoga teachers and their students, covering yoga's history, philosophy, and basic teaching methods. It follows the teacher training curriculum standards set by Yoga Alliance and blends traditional yoga with modern techniques and over 150 photos and anatomy illustrations. Any new age or yoga collection must have this!Ã¢â ¬Â• Ã¢â ¬â •Midwest Book Review, ReviewerÃ¢â ¬â„¢s ChoiceÃ¢â ¬Å“Mark StephensÃ¢â ¬â„¢ Teaching Yoga offers a fantastic primer for the beginning teacher or those interested in learning more about the many facets of the philosophy and practice of yoga. Stephens is obviously a seasoned student and teacher, and even though the book is written at an expert level, it is still accessible and easy to understand. StephensÃ¢â ¬â„¢ text offers a great gift for coming generations: what a pleasure to have all of this information in one place.Ã¢â ¬Â• Ã¢â ¬â •CirclesOfLight.comÃ¢â ¬Å“Steeped in the knowledge of classical yoga and modern adaptations, Stephens manages to make the practice of yoga accessible to experienced teachers, new teachers, and students.Ã¢â ¬Â• Ã¢â ¬â •A Garden Carried in the PocketÃ¢â ¬Å“This has to be the most comprehensive book on yoga I've ever read.Ã Â It is definitely more than just your typical 'how-to' yoga bookÃ¢â ¬Â¦ I have been thoroughly impressed.Ã¢â ¬Â• Ã¢â ¬â •Kari, Reading For Sanity

An esteemed yoga teacher and teacher trainer who has trained over 1,000 yoga teachers, Mark Stephens conducts classes, workshops, and retreats worldwide. The founder of Yoga Inside Foundation, L.A. Yoga Center, and the recipient of Yoga Journal's first annual Karma Yoga Award in 2000. The author of Yoga Sequencing: Designing Transformative Yoga Classes (North Atlantic Books, 2012), he lives and teaches in Santa Cruz, CA. Foreword contributor Mariel Hemingway is an actress and longtime yoga practitioner and teacher.

This book is good for the fundamentals of teaching yoga. Goes in-depth with everything from teaching mediation, to subtle energy, and proper alignment for yoga asana. I definitely recommend to the new yoga teacher or anyone wanting to know more about teaching yoga. Personally, I am finishing a 200 hour certification course, and I am very appreciative that this was one of the suggested reads! It gives a great introduction on the history of yoga, pranayama, specialized groups, sequencing and creating space for your own transformation! One of the only complaints that I had regarding the reading, is there were some very biased opinions regarding certain styles of yoga, but definitely should not hold you back from reading this book. It is setup and worded as a textbook, so it's full of relevant information regarding teaching yoga. Highly recommend the read.

This book is very well splayed and very very well written. I am an asspireing yoga teacher and purchased this book along with Yoga Anatomy-2nd Edition to further my growing interest and knowledge of yoga. I am very pleased. This book offers everything from Yoga philosophy and history, to origins of all of the different types of Yoga, as well as anatomy and asanas and so much more. If you're asking yourself if this is a good buy, it ABSOLUTELY IS. BUY IT. Two thumbs up!

I am an instructor, and this is probably the best Yoga Teaching book on the market. Accompany this with a Yoga anatomy book and your library is set. I would also recommend it to students who are serious about yoga. Its an excellent book for beginner yoga teachers and a great quick-reference guide for seasoned instructors.

I am not training to be a teacher of yoga, as I enjoy being a student. I wanted to learn more about yoga and its benefits. This book is loaded with great information. It actually has more information than I thought it would have. If you are looking for a book that is mainly pictures of poses and little content, this may not be your book.You might want to pick up some yoga cards. Although, this book has pictures of all the poses that it list, this book is more of a textbook that is loaded with information about techniques, safety, anatomy, terminology, history.... I have been a student of yoga for many years. I typically take yoga to help reduce stress while I am in school working on my Masters degree in Social Work. So, while I am on winter break I thought this would be a good time to learn more about yoga, since it has been my saving grace while in school. It keeps me centered and grounded and relaxed!! I also picked up the Sequencing book so I could plan my own routine while on break. I could have just used this book for that purpose, but I ordered both books at the same time and I am glad I did, as both books are worth keeping for reference. All I can say is, Thanks Mark Stephens for making these wonderful books so affordable! Each one of these books are worth twice the price easily!

This masterfully crafted and beautifully designed book is the most comprehensive text written on yoga wince B.K.S. Iyengar's Light on Yoga was published in 1966. It's also practical and resourceful, for beginning and experienced teachers. But unlike Iyengar, the Indian master, Mark Stephens writes as an American yogi steeped in Western culture yet completely absorbed in the wisdom of the East. This is also a work of scholarship, a rarity in a world of yoga long on bold assertions and short on evidence, careful reasoning, and even simple references. This books

contains hundreds of insights into teaching and doing yoga. The author presents a well-balanced perspective on scores of topics, then encurages the reader to thnk on his or her own. This is a truly outstanding book on yoga that will become part of every yogi's library.

I bought this book in hopes that it could serve as a go to guide that had the majority of the information covered in my yoga teacher training. I often find myself referring back to it and rereading passages. It really has helped me make sense of many of the topics covered during my training.

Mark Stephens' "Teaching Yoga" is a must-have book for all yoga teachers and practitioners. The book is well written and organized. It is easy to read (compared with some yoga classics) and is very informative. It is not only a good reference for many common poses (asanas) , it also covers many aspects that advanced students and teachers are interested in: history of yoga, pranayama, bandhas, sequencing, etc.Someone mentioned that Mark uses too many Sanskrit in his book. I must say I disagree! I actually appreciate Mark using Sanskrit name for the asanas as I already know the English names. I want to learn the Sanskrit names as well! As yoga originates from India, it is logical to use Sanskrit terms.Last but not least, Mark is a very detail-oriented and insightful teacher. I found myself re-reading sections of his book and picked up insights that would allow me to become a better, safer practitioner and teacher. I also found the Appendices (the list of asanas and the asana elements) extremely useful for planning a yoga class. I highly recommend this book to anyone who does yoga.

Good for anyone wanting to better understand the mechanics of teaching yoga. This book starts with the history of yoga before moving into the teaching sections. Information is included on setting up your practice area, techniques, sequencing, and working with special groups. For me, the best part was in the section on teaching asanas where it looked at different poses and went into what to look for and emphasize for each one. Although I do not consider myself a teacher, I do occasionally lead group practices and this book helped me make the transition from practice to leading.

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