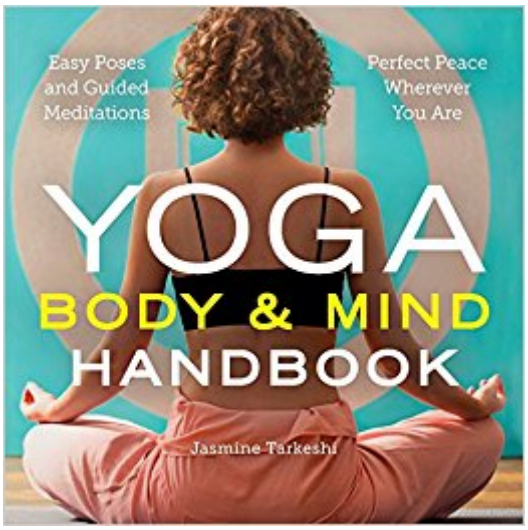
Ebook Directory
the best source of ebook

The book was found

Yoga Body And Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Ã¢â ¬Å“Yoga works best when it is tailored to each personÃ¢â ¬â„¢s individuality. In the Yoga Body & Mind Handbook, Jasmine honors this need by offering the kind of personalization and guidance that respects each reader's specific abilities.Ã¢â ¬â ¢Mark Whitwell, Master Yoga Teacher and author of The Promise and Yoga of HeartYoga offers the benefits of reducing stress, increasing peace, and cultivating greater wellbeing. If youÃ¢â ¬â„¢re new to yoga, you may wonder if itÃ¢â ¬â„¢s right for youÃ¢â ¬â ¢what if itÃ¢â ¬â„¢s more difficult or requires more patience and athleticism than you thought?Named one of 2016Ã¢â ¬â„¢s 100 Most Influential Yoga Teachers in America, Jasmine Tarkeshi has spent more than 20 years teaching yoga to people of all levels and abilities. As co-founder of Laughing Lotus Yoga Centers in New York and San Francisco, Jasmine has seen firsthand that with the right guidance anyone can enjoy and benefit from yoga.Written specifically with the beginner in mind, the Yoga Body & Mind Handbook is JasmineÃ¢â ¬â„¢s encouraging introduction to essential yoga poses, breathing techniques, and meditations.Easy-to-follow and fun, the Yoga Body & Mind Handbook offers:Complete yoga routines from 15 minutes to over an hour include breathing, posture, and meditationBeginner-friendly yoga postures with suggested modificationsMeditations that can be done anywhere to counter stress and boost healthDetailed instructions and illustrations of techniques, postures, breathing exercises, and moreNo matter your level of yoga familiarity, the compassionate, step-by-step guidance in the Yoga Body & Mind Handbook will show you how yoga can help you live up to your highest potential by relieving physical, mental, and emotional tension.

Book Information

Paperback: 220 pages
Publisher: Sonoma Press (April 4, 2017)
Language: English
ISBN-10: 1943451567
ISBN-13: 978-1943451562
Product Dimensions: 8 x 0.8 x 8 inches
Shipping Weight: 1.2 pounds (View shipping rates and policies)
Average Customer Review: 4.8 out of 5 stars 90 customer reviews
Best Sellers Rank: #18,381 in Books (See Top 100 in Books) #44 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #127 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #455 inÃ Â Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

Ã¢â ¬Å“IÃ¢â ¬â„¢m grateful for JasmineÃ¢â ¬â„¢s attention to the mind, as well as the body. I came to yoga following an injury and approached the mat like an active volcano, terrified I'd hurt myself again. Her practical suggestions are great for creating a practice that supports our individual needs and our impossible schedules, and her attention to Seva, or Ã¢â ¬Ëœselfless service,Ã¢â ¬â„¢ is both an inspiration and a challenge to our lives on and off the mat.Ã¢â ¬Â•Ã¢â ¬â ¢Megan Stielstra, author of Once I Was CoolÃ¢â ¬Å“Yoga works best when it is tailored to each personÃ¢â ¬â„¢s individuality. In the Yoga Body & Mind Handbook, Jasmine honors this need by offering the kind of personalization and guidance that respects each reader's specific abilities.Ã¢â ¬Â•Ã¢â ¬â ¢Mark Whitwell, Master Yoga Teacher and author of The Promise and Yoga of HeartÃ¢â ¬Å“Jasmine presents a full introduction to yogaÃ¢â ¬â ¢perfect for beginning students as she outlines poses and sequences in a clear and accessible way. She explains the deeper foundations of the practice including breathing and meditation techniques, Ayurveda, and yoga philosophy. Jasmine also encourages readers to contemplate ways to take yoga off the mat to benefit the communityÃ¢â ¬â ¢a true gift of the yoga practice.Ã¢â ¬Â•Ã¢â ¬â ¢Renee LaRose, senior event manager at Yoga JournalÃ¢â ¬Å“Jasmine Tarkeshi has so much unique hands-on experience working with yoga practitioners. As the co-founder of Laughing Lotus Studios, Jasmine is one of the leading voices in the sophisticated San Francisco yoga scene, where she is loved. Her book is a timely and contemporary reflection of her life's mission: to share the sacred wisdom of this ancient healing practice.Ã¢â ¬Â•Ã¢â ¬â ¢Rob Sidon, publisher of Common Ground Magazine

JASMINE TARKESHI is the co-founder and director of Laughing Lotus Yoga Centers in San Francisco and New York City, that offer signature world renowned Lotus Flow yoga classes, as well as guided meditations and teacher trainings. A respected expert yoga teacher with over 20 years experience, Jasmine has been featured in many publications including Yoga Journal, Elle, The New York Times, and the San Francisco Chronicle. She was named one of the 100 Most Influential Yoga Teachers in America in 2016.

Awesome

Quick delivery & excited to read & learn.

Great book for beginners

Great book!

Jasmine TarkeshiÃƒÂ¢Ã â ¬Ã â„¢s book is a finely thought out handbook for anyone interested in yoga ÃƒÂ¢Ã â ¬Ã â œ you can be a new yogi or a grizzled old timer (this reviewer) who has been practicing for decades. Her love of yoga and life are apparent from the first page to the last. Her writing is easy to understand and insightful. For Jasmine, yoga is a way of life; it is much more than the postures. The book explains the postures, breathing, meditation and how to incorporate all this into your life on a daily basis. Fully illustrated with detailed drawings which I found extremely helpful. Jasmine is a wonderful guide. This book should be in everyoneÃƒÂ¢Ã â ¬Ã â„¢s collection.

My daughter just gifted me this wonderful book to help me build a better foundation to my practice.The author’s creative sequencing and heartfelt language is uniquely encouragingStriving to find compassion in all aspects of my life, this is definitely steering me the right direction.

Helpful tool!

No photos

Download to continue reading...

Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner’s Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga: A Man’s Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More

Resilient Children Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect for Beginners with Yoga Poses Yoga: For Curvy Girls Guide - Easy Beginner's Poses for Women with Curves (Yoga for Stress Relief, Anxiety, Sleep & Weight Loss) Yoga For Pregnancy: Poses, Meditations, and Inspiration for Expectant and New Mothers The Prenatal Yoga Deck: 50 Poses and Meditations Increasing Wholeness: Jewish Wisdom and Guided Meditations to Strengthen and Calm Body, Heart, Mind and Spirit Boudoir and Glamour Photography - 1000 Poses for Models and Photographers: Boudoir, glamour and lingerie photography poses with instructions on techniques ... * Master Pro Secrets Quick & Easy Book 9) Chakra Breathing Meditations: Three Guided Practices to Unify Body, Breath, & Mind Yoga for Beginners With Over 100 Yoga Poses (Boxed Set): Helps with Weight Loss, Meditation, Mindfulness and Chakras Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength Magical Mind, Magical Body: Mastering the Mind/Body Connection for Perfect Health and Total Well-Being Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) The Power of Your Subconscious Mind: There Are No Limits to the Prosperity, Happiness, and Peace of Mind You Can Achieve Simply by Using the Power of the Subconscious Mind, Updated

Contact Us

DMCA

Privacy

FAQ & Help