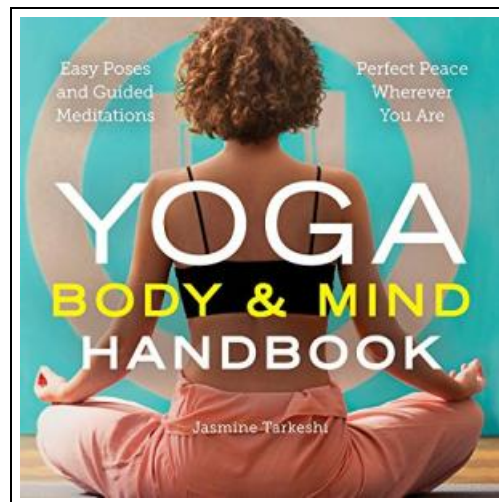


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Sonoma Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. Yoga works best when it is tailored to each person s individuality. In the Yoga Body Mind Handbook, Jasmine honors this need by offering the kind of personalization and guidance that respects each readers specific abilities. --Mark Whitwell, yoga master and author of The Promise and Yoga of Heart Yoga offers the benefits of reducing stress, increasing peace, and cultivating greater wellbeing. If you re new to yoga, you may wonder if it s right for you--what if it s more difficult or requires more patience and athleticism than you thought? Named one of 2016 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 Jasmine 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 meditation Beginner-friendly yoga postures with suggested modifications Meditations that can be done anywhere to counter stress and boost health Detailed instructions and illustrations of techniques, postures, breathing exercises, and more No 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.



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