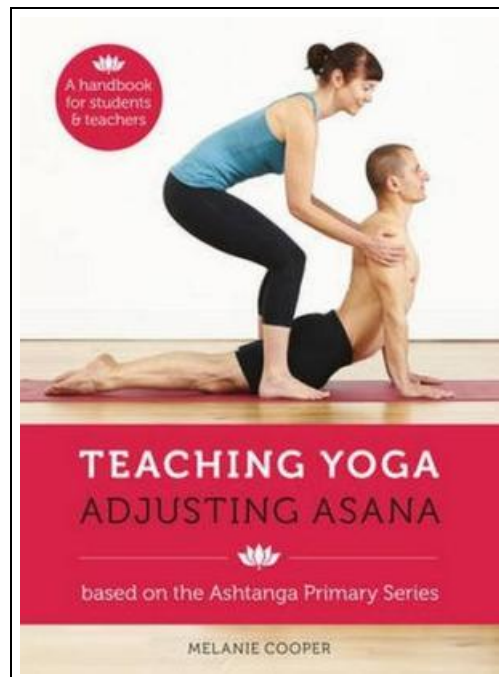


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Very good e-book and helpful one. It is among the most awesome publication we have read. Its been developed in an remarkably simple way in fact it is simply right after i finished reading this book through which basically transformed me, affect the way i really believe.
(Prof. Kacey O'Hara)

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Yogawords Ltd, United Kingdom, 2013. Spiral bound. Condition: New. Language: English . Brand New Book. The first part of the book explores the fundamentals of teaching in a simple, clear, accessible way. The author covers how to teach crucial concepts such as breath, muscle lock and gaze, as well as more general topics including injuries, ethics and the spiritual aspects of yoga. Part 1 also includes a quick-look guide to counting the Primary Series, and teaching points for each Primary Series posture. In the second part of the book the author demonstrates helpful techniques for deepening common yoga postures, and provides a complete guide to hands-on adjustment for the Ashtanga Primary Series.



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