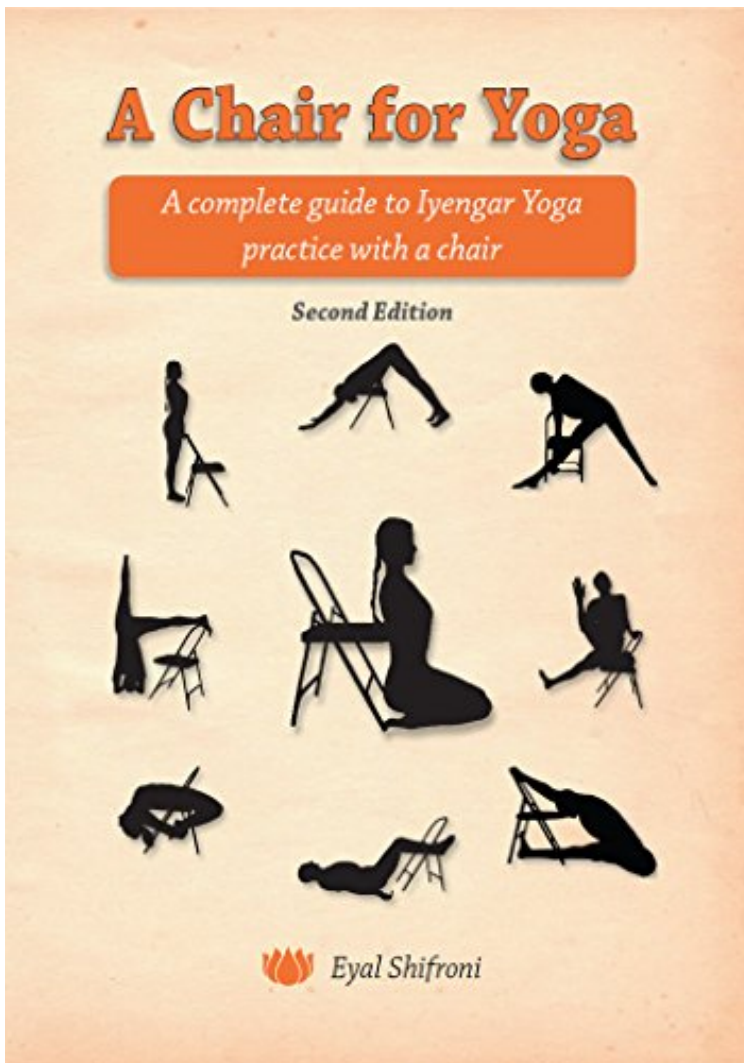


A Chair for Yoga: A complete guide to Iyengar Yoga practice with a chair (English Edition)



Par Eyal Shifroni

DOC | *audiobook | ebooks | Download
PDF | ePub

Dtails sur le produit Rang parmi les ventes : #135247 dans eBooksPubli le: 2014-11-16Sorti le: 2014-11-16Format: Ebook Kindle

[Mobile pdf] A Chair for Yoga: A complete guide to Iyengar Yoga practice with a chair (English Edition)

Par Eyal Shifroni : A Chair for Yoga: A complete guide to Iyengar Yoga practice with a chair (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised A Chair for Yoga: A complete guide to Iyengar Yoga practice with a chair (English Edition):

Download

Read Online

Description :

Prsentation de l'diteurDo you enjoy practicing with props for restoration and recreation?Do you wish to make your asana (posture) practice richer and more enjoyable?Have you ever experienced the frustration of failing to remember an effective use of a chair that was demonstrated in a yoga workshop?Have you ever wondered how to prepare your body for penetrating the full depth of an advanced asana?Do you teach elderly people or people with movement difficulties?If the answer to some or all of the above is positive, then this is probably the guide for you! Containing over 350 photos of 150 different exercises, it will show

you how to enhance the practice of 72 important yoga postures using a chair. Using the chair support, beginners can get closer to the wholesome experience of the pose; advance practitioners can explore deeper aspects of the pose; and, teachers can find ideas for enriching their instruction. Presentation de l'auteur Do you enjoy practicing with props for restoration and recreation? Do you wish to make your asana (posture) practice richer and more enjoyable? Have you ever experienced the frustration of failing to remember an effective use of a chair that was demonstrated in a yoga workshop? Have you ever wondered how to prepare your body for penetrating the full depth of an advanced asana? Do you teach elderly people or people with movement difficulties? If the answer to some or all of the above is positive, then this is probably the guide for you! Containing over 350 photos of 150 different exercises, it will show you how to enhance the practice of 72 important yoga postures using a chair. Using the chair support, beginners can get closer to the wholesome experience of the pose; advance practitioners can explore deeper aspects of the pose; and, teachers can find ideas for enriching their instruction. Biographie de l'auteur Eyal Shifroni is a Senior Iyengar Yoga teacher with more than 25 years of teaching experience. He directs an Iyengar Yoga Center in Israel and conducts Yoga workshops locally and abroad. For more information please visit <http://eyalshifroni.com/>