



Yoga Your Home Practice Companion (Sivananda Yoga Vedanta Centre)

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This is a complete illustrated guide to yoga by leading teachers from the world-renowned Sivananda Yoga Vedanta School. Achieve a strong, flexible body, mental alertness and inner serenity through the practice of yoga with the Sivanada Yoga Vedanta School. You'll learn classic yoga poses for all levels following clear step-by-step photographs and easy-to-follow instructions and pick up invaluable tips on what not-to-do. Find well-rounded yoga programmes of 20, 40 and 60 minutes aimed at beginners, intermediate and advanced students so you can practice at home. Plus, find out the essential roles of meditation and breathing exercises and learn strategies to develop powers of concentration. This title offers in-depth advice on a healthier diet, including more than 40 delicious recipes.

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