



# Yoga Bible

*Christina Brown*

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## **Yoga Bible** Christina Brown

Yoga practice helps individuals to find mental and physical balance. It is suitable for all ages and abilities and should bring about a sense of spiritual and physical well-being, as well as suppleness. This text encourages beginners and experts alike to design a yoga sequence to suit their own personal needs and abilities. Featuring over 150 yogic postures from the main schools of yoga, including Iyengar and Astanga Vinyasa, "The Yoga Bible" provides a comprehensive, illustrated, step-by-step guide to achieving the postures and advice on altering them where necessary - easier postures are highlighted for beginners or the less supple. The book also includes more advanced positions for advanced yogis. The text includes notes on various types of yoga practices as well as a summary of well-known traditional schools of yoga and how they vary. In addition to the wide range of postures, the author includes advice on breathing techniques and the benefits of yoga in healing, pregnancy, de-stressing and meditation.

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