



Yoga For Beginners (Healthful Alternatives)

Harry Waesse

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Find inner peace and relaxation, physical and emotional refreshment, by releasing your body's natural healing powers through yoga. Getting started has never been easier, with this don't-need-to-know-anything-about-it introduction. Just follow the basic 88 exercises, pictured in over 100 photos, that show how to breathe (pranayamas), and sit (asanas) in positions that relieve stress and revive your physical and spiritual energy. Once the exercises come naturally, go on to programs that combine them to work on specific problem areas. And don't miss the section of brief mini-exercises to reduce eyestrain, as well as neck and back strain any time during the day. Before long, the relaxed rhythms of your body will begin to extend to your entire life! 96 pages (all in color), 6 1/4 x 8 3/4.



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