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Eyal Shifroni's Guide to Iyengar Yoga Practice With Props includes a series of 4 books that take different approaches within the Iyengar method, separating the focus on chair yoga, standing poses, sitting asanas and inverted poses.

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A yoga pose book for inspiration and the appreciation of asana beauty, rather than in-depth pose instruction. David Martinez s photography is absolutely gorgeous. Many, many familiar faces in American yoga, including Ana Forrest, Rod Stryker, Annie Carpenter, Rodney Yee, and Patricia Walden.

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The Best Yoga Books of 2019 Verywell Fit

This beautifully photographed coffee-table style book features some of yoga's leading teachers of the 1990's. The list includes icons like Rodney Yee, Sharon Gannon, David Life, Richard Freeman, and Patricia Walden.

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Learn and practice 25 yoga poses for kids! Mix-and-match twenty five yoga poses for kids with twenty five illustrated keywords (categories are Travel, Earth, People, and Animals). The yogi kids are multicultural from seven different countries. Pose index, pose instructions, and yoga tips included. Target age group: Fun for all ages.

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Seven Essential Yoga Books Barnes Noble Reads

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Best Yoga Book in November 2018 Yoga Book Reviews

It includes instructions for yoga poses that help people lose weight, as well as explaining the benefits of yoga and the different styles too. This is a very interesting and informative book for anyone wanting to learn about and do yoga.

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What You Need to Start Yoga Yoga Basics Yoga Poses

Yoga props are very helpful when starting yoga. Use a yoga block to stabilize standing poses, use a yoga strap to go stretch further in seated poses and use a bolster or a blanket for restorative poses. 7. Yoga Music CDs Playing music during your yoga practice will help relax, focus and soothe. See our list of recommended music CDs here.

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