

## [Free PDF File] Teaching Yoga: Essential Foundations and Techniques

**CONTINUE ►**

Teaching Yoga is an essential resource for new and experienced teachers as well as a guide for all yoga students interested in refining their skills and knowledge. Addressing 100% of the teacher training curriculum standards set by Yoga Alliance, the world's leading registry and accreditation source for yoga teachers and schools, Teaching Yoga is also ideal for use as a core textbook in yoga teacher training programs. Drawing on a wide spectrum of perspectives, and featuring more than 150 photographs and illustrations, the book covers fundamental topics of yoga philosophy and history, including a historical presentation of classical yoga literature: the Vedas, Upanishads, Bhagavad Gita, Yoga Sutras of Pataljali, and the main historical sources on tantra and early hatha yoga. Each of the eleven major styles of contemporary yoga is described, with a brief history of its development and the distinguishing elements of its teachings. Exploring traditional and modern aspects of anatomy and physiology, the book provides extensive support and tools for teaching 108 yoga poses (asanas), breathing techniques (pranayama), and meditation. Teaching Yoga offers practical advice for classroom setup, planning and sequencing classes, as well as the process involved in becoming a teacher and sustaining oneself in the profession. The book has over 200 bibliographic sources, a comprehensive index, and a useful appendix that lists associations, institutes, organizations, and professional resources for yoga teachers.

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