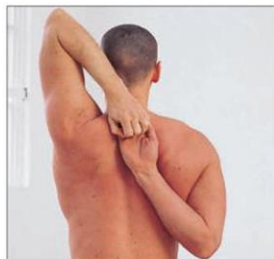
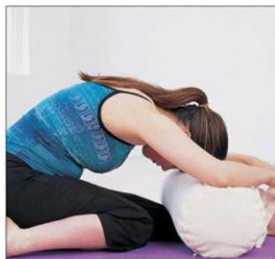


# THE COMPLETE GUIDE TO

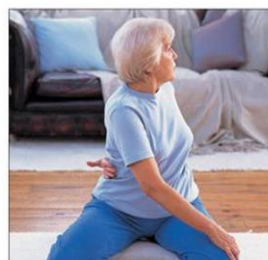
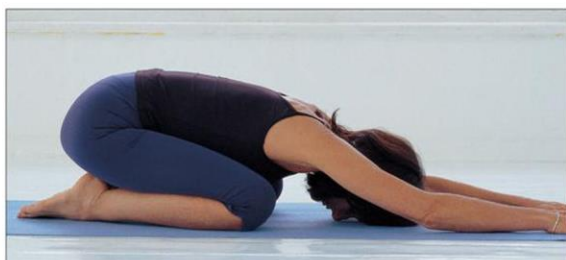


# YOGA

THE ESSENTIAL GUIDE TO YOGA FOR ALL THE FAMILY  
WITH 800 STEP-BY-STEP PRACTICAL PHOTOGRAPHS



Classic Iyengar yoga routines suitable for all levels of ability  
Includes a special fun and accessible chapter on yoga for children



JUDY SMITH, DORIEL HALL, BEL GIBBS

## PART I: YOGA FOUNDATIONS I

### WARM-UPS: SPINE



Table Top



Cat



Cow



Axial Twist in Vajrasana/  
Thunderbolt Pose



Axial Twist in Tadasana/  
Mountain Pose



Crescent Pose Modification

### WARM-UPS: HIPS



Visvavajrasana/Windshield Wiper



Ananda Balasana/Happy Baby Pose



Ananda Balasana/Happy Baby Pose  
M: With strap



Succirandrasna/Eye of the  
Needle Pose



Supta Padangustasana I  
Modification/Reclined Big Toe Pose  
— Modification #1



Supta Padangustasana I  
Modification/Reclined Big Toe Pose  
— Modification #2