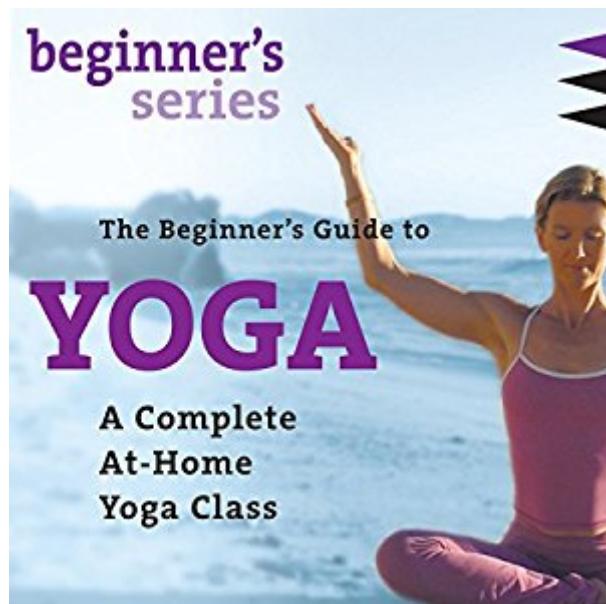


The book was found

# The Beginner's Guide To Yoga



## Synopsis

With more than 20 million practitioners in the United States alone, yoga is more popular than ever. For those interested in starting a practice of their own but hesitant about attending a class, Shiva Rea presents *The Beginner's Guide to Yoga*, the perfect introduction to hatha yoga. Complete with a 60-minute guided session with yoga basics and simple poses, here is an easily accessible how-to program from one of the world's most respected yoga teachers.

## Book Information

Audible Audio Edition

Listening Length: 1 hourÂ andÂ 18 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

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Language: English

ASIN: B00PURPHCO

Best Sellers Rank: #182 inÂ Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #2105 inÂ Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #2603 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

I use the Lunar yoga every evening before retiring. It is incredibly relaxing...especially the first 2 lunar tracks. I wasn't sure if I would like having yoga on a CD but am now glad I purchased it. I love simply listening to a soft voice and music (rather than having to watch a video) just before retiring. The beginner's series is easier than *Yoga Sanctuary* but both are excellent.

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*Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga* *Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics)* *Pre-natal Yoga: Yoga Class and Guide Book*. *The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras* *The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy* *The Art and Business of Teaching Yoga: The Yoga Professional's Guide to a Fulfilling Career* *Yoga Chants: Deepen Your Yoga Practice with Authentic Sanskrit Chant* *Yoga Pretzels (Yoga Cards)* *Sleepy Little*

Yoga: A Toddler's Sleepy Book of Yoga Little Yoga: A Toddler's First Book of Yoga Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras Karma Yoga: the Yoga of Action The Study And Practice Of Yoga/An Exposition of the Yoga Sutras of Patanjali/Volumell Mussar Yoga: Blending an Ancient Jewish Spiritual Practice with Yoga to Transform Body and Soul ABC Yoga: Join us and the animals out in nature and learn some yoga! Angel Bear Yoga: Adventure Stories- Children's stories that are perfect for relaxation, sleep time or kid's yoga. Yoga for Beginners (From Couch to Conditioned: A Beginner's Guide to Getting Fit) The Beginner's Guide to Yoga

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