



Teaching Yoga, Adjusting Asana: A Handbook for Students and Teachers

By Melanie Cooper

Pinter & Martin Ltd. Spiral bound. Book Condition: new. BRAND NEW, Teaching Yoga, Adjusting Asana: A Handbook for Students and Teachers, Melanie Cooper, Leading yoga teacher trainer Melanie Cooper brings you the essential guide to teaching yoga and adjusting asana (yoga poses). The first part of the book explores the fundamentals of teaching in a simple, clear, accessible way. The author covers how to teach crucial concepts such as breath, muscle lock and gaze, as well as more general topics including injuries, ethics and the spiritual aspects of yoga. Part 1 also includes a quick-look guide to counting the Primary Series, and teaching points for each Primary Series posture. In the second part of the book the author demonstrates helpful techniques for deepening common yoga postures, and provides a complete guide to hands-on adjustment for the Ashtanga Primary Series. With a wealth of information, clear writing, and fresh, detailed photography, this is an invaluable resource for qualified yoga teachers, student teachers, and yoga students who want to take their practice to the next level.



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Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

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This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

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