



## Learn How to Use Astanga Yoga & Meditation: A Complete Sourcebook of Yoga and Meditation Exercises to Tone and Strengthen Body and Mind, with More Than 900 Photographs

By Jean Hall, Doriel Hall

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Learn How to Use Astanga Yoga & Meditation: A Complete Sourcebook of Yoga and Meditation Exercises to Tone and Strengthen Body and Mind, with More Than 900 Photographs, Jean Hall, Doriel Hall, Astanga is a dynamic, vigorous practice that uses breath control techniques to flow from one posture to the next, and meditation is a practice that stills the mind and improves concentration and energy. This book covers both disciplines, explaining the primary series of Astanga asanas - standing, seated and finishing postures - and then exploring the mind-expanding world of yogic meditation. All the exercises are designed to suit busy everyday lives. Clearly written and beautifully illustrated with step-by-step sequences and more than 900 images, the book provides a fund of yogic wisdom for mind and body that can be appreciated by anyone, at any level.



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