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James Hewitt is a former Fleet Street journalist who now writes full time. He has had thirty-five books published including: Teach Yourself Yoga, Teach Yourself Meditation and The Complete Relaxation Book. Page 1 of 1 Start over Page 1 of 1 This shopping feature will continue to load items when the Enter key is pressed.

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About The Author James Hewitt is a former Fleet Street journalist who now writes full time. He has had thirty-five books published including: Teach Yourself Yoga, Teach Yourself Meditation and The Complete Relaxation Book.

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But this is a scholarly, dispassionately written, and, as the title suggests, complete book about the wild and wonderful world of yoga. James Hewitt does a marvelous job of covering EVERYTHING yoga. Okay, maybe it could be easier to navigate with a more comprehensive index, but that's quibbling.

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"Yoga is a continual process of discovery - about one's body, one's mind, and the integral relationship of the two." — James Hewitt, The Complete Yoga Book. PHILOSOPHY. Practicing yoga is about process, not perfection. I have been teaching yoga for more than 11 years, and I believe we are first and always students - learning and ...

About — Victoria Gordon Yoga

A former senior editor at O, The Oprah Magazine, Suzan Colon has written ten books, including the inspirational memoir Cherries in Winter: My Family's Recipe for Hope in Hard Times (Doubleday, 2009) and Yoga Mind. Suzan has been practicing yoga for nearly twenty-five years and has been teaching since 2002, with certificates in basic and intermediate Hatha Yoga, Therapeutic Yoga, and Yoga for ...

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An encyclopedia of yoga practice and practical yoga as well as of the philosophy and background of yoga.

Here is an inspirational and accessible introduction to the deep inner wisdom of yoga gathered from sources both ancient and modern by one of America's most respected yoga scholars. YOGA GEMS For the millions of Americans who now practice yoga regularly, here is the perfect introduction to the rich philosophical and spiritual tradition behind the exercises. George Feuerstein has drawn short, memorable quotations from the key texts of this five-thousand-year-old legacy, with an emphasis on the wisdom of modern yoga masters. The quotations have been selected and arranged to address the needs of yoga practitioners in the twenty-first century. Among the many themes touched on in this treasure of a book: the process of inner growth; the value of silence; how to meditate; how to infuse everyday life with joy; universal kinship; overcoming suffering; dealing with grief, loss, anger, and jealousy; remembering and cultivating one's true inner self; developing self-discipline; and bringing out the good in all you say and do. For both new and experienced yoga students alike, Yoga Gems is the perfect travel companion on the road to inner peace.

Sri T. Krishnamacharya (1888–1989) was the most influential figure in the last 100 years in the field of yoga. Many of today's best-known yoga teachers—including his brother-in-law B. K. S. Iyengar, his son T. K. V. Desikachar, and Pattabhi Jois, founder of Ashtanga yoga—studied with him and modeled their own yoga styles after his practice and teaching. Yet, despite his renowned status, Krishnamacharya's wisdom has never before been made completely available, just as he taught it. Now, in *The Complete Book of Vinyasa Yoga*, Srivatsa Ramaswami—Krishnamacharya's longest-standing student outside his own family—presents his master's teachings of yogasanas in unprecedented detail. Drawing upon his 33 years of direct study, beginning in 1955 and continuing nearly until his teacher's death, Ramaswami presents more than nine hundred poses and variations in logically structured sequences, precisely describing Krishnamacharya's complete Vinyasakrama system. Along with every movement of each yoga posture, he covers the proper breathing techniques for each pose—something no other book also derived from Krishnamacharya's teaching does. Nearly 1,000 full-color photographs are featured in this authoritative landmark presentation of the study practiced by the "grandfather of modern yoga."

If you think that you have to retreat to a cave in the Himalayas to find the enlightenment that yoga promises, think again. In this second edition of *Living Your Yoga*, Judith Hanson Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life—all of them—as ways to practice. This edition includes three new chapters (Relaxation, Empathy, and Worship), a full index, and new interior and cover designs. Using the time-honored wisdom of the Yoga Sutra and the Bhagavad Gita to steer the course, she serves up off-the-mat practices to guide you in deepening your relationships with yourself, your family and friends, and the world around you. Inspiring and practical, she blends her heartfelt knowledge of an ancient tradition with her life experiences as a daughter, sister, partner, mother, friend, and yoga practitioner and teacher. The result: a new yoga that beckons you to find the spiritual in everyday life.

Craving yoga's benefits but unable to perform even the simplest postures? Think yoga is only for rubber-limbed supermodels? If your yoga practice is giving you more stress than stress relief, *Cool Yoga Tricks* is the answer to your prayers. Although it seems like everyone from Madonna to your eighty-three-year-old Uncle Teddy is practicing yoga, most of us are unable to do even the simplest classic yoga poses without undue stress and strain. Now in this clear, understandable, easy-to-follow book, Miriam Austin offers alternative yoga routines that help you reap the greatest rewards from your yoga practice, and she reveals shortcuts to help you perform yoga like a pro. Using everyday items, such as chairs, walls, and blankets, Miriam Austin shows how those of us with normal flexibility limitations can experience the very real benefits of yoga—without dislocating our joints, overstretching our muscles, or giving up in frustration. She makes the basics simple, doable, and down-to-earth. Dog Tricks—lengthen your spine more fully with these Downward Facing Dog tricks, designed to relax your neck, shoulders, and back—and make your Dog Pose much more lovable. Befriending Backbends—increase your preteability with a little help from your friends—and from some garden-variety folding chairs. Tweaking Your Twists—learn the techniques that will stretch your spine and give you more life energy. Super Stretches—feel as limber as your average bowling ball? Gently coax your muscles to new lengths by practicing the routines in this chapter.

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