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# Yoga For Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras)



by Jessie Huff



## Synopsis

Learn Yoga and Top 10 Essential Yoga Poses Yoga. What is the first thing that pops into your mind when you hear this word? Oftentimes, you'd think of people in bizarre, weird and near to impossible poses. Sometimes they are inverted, sometimes they are all curled up, sometimes they are twisted like pretzels and sometimes, they seem to float while standing on one foot. These are just some of the common associations made with the word yoga. And partly, you are right. Its practice does involve doing these wild poses. In this book, you will learn the top 10 essential yoga poses that all yogis (practitioners of yoga) must learn. However, before you barrel into these poses, take time to learn and understand the practice and yoga's foundations. For it is only in knowing that you will find awareness and purpose in each and every move you make. So, get ready as we dive deep into the world of the yogis. Discover how practicing yoga can transform your body, mind and soul. Let us hop on the mat and learn, love and live yoga!

Here Is A Preview Of What You'll Learn...  
• Yoga Defined, What is Yoga?  
• Yoga In-Depth  
• Yoga's Benefits  
• Yoga and the Body  
• Yoga and the Mind  
• Yoga and the Spirit  
• Yoga's Golden Rules (Sutra)  
• Before you Hop on the Mat  
• Standing Poses  
• Floor Poses  
• Yoga and Weight Loss

Here is a Sample Pose: Cobra Pose (Bhujangasana) This pose strengthens the back muscles as well as the back of your legs. It also opens the chest and helps correct poor posture.

1. Lie down on your belly, toes and forehead pressed gently on the mat.
2. Bring your palms on the sides of the chest, fingers pointing forward, elbows bent.
3. Inhale, press into your palms, lift and open the chest, curl your shoulders.
4. Press a little more into your palms, try to lift hips and torso off the floor for a mini backbend.
5. Stay for five breaths.
6. Gently release hips, belly and chest on the mat.
7. Press forehead on the mat.

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## Book Information

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## Customer Reviews

Before hopping into a pickup yoga class at the trendy studio down the street, make sure you read through Jessie Huff's "Finding Bliss." This comprehensive guide to the beloved fitness method is an extremely fun read and gives readers a fantastic base to kick off their new lifestyle. Yoga can be very overwhelming, but with Huff's help it doesn't have to be. Jessie lays out all the essential poses - like tree pose and downward dog - and gives a comprehensive reasoning behind the meaning of each pose. Her tone is very relatable and while reading, you'll feel like you're having a conversation with her versus taking an instructional class. Huff truly takes the intimidation out of yoga and makes it something everyone can understand.

Yoga has helped me with my health problems. This product made my journey more simple.

A thoughtful and gently informative overview that encompasses the meditative and holistic aspects of yoga as well as the basic poses.

Good descriptions but needs more pictures.

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