

The Yoga Handbook

'The Yoga Buzz', a short weekly column in, the popular paper 'Bahrain this Week, is a result of the author's passion for the Science of Yoga and love of writing. The Yoga Handbook is an assimilation of some of her writings over the last five years. It has been conceptualized as 'an easy read' which gives relevant yet compact knowledge of Yoga. The content created in the book is with the aim of going through it as a page a or two a day, almost like 'thoughts for the day.' Apart from the philosophy and history of Yoga it covers about 60 cultural asanas, the essential breathing and cleansing techniques with an introduction to mudras, bandhas, shad chakras, meditation and the role of a yogic diet and its importance on one's physical and mental health. There is no replacement for getting guidance from a competent teacher as one gets initiated into Yogic practices. This manuscript provides general information and techniques for expanding one's knowledge and evolution for personal growth. Neelanjana Bharadwaj

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever! With more asanas, vinyasas, full-color anatomical illustrations, and in-depth information, the second edition of YogaAnatomy provides you with a deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked. Whether you are just beginning your journey or have been practicing yoga for years, Yoga Anatomy will be an invaluable resource—one that allows you to see each movement in an entirely new light. With Yoga Anatomy, Second Edition, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

A succinct, approachable guide to the origins, development, key texts, concepts, and practices of yoga. Yoga is practiced by many millions of people worldwide and is celebrated for its mental, physical, and spiritual benefits. And yet, as Daniel Simpson reveals in The Truth of Yoga, much of what is said about yoga is misleading. For example, the word "yoga" does not always mean union. In fact, in perhaps the discipline's most famous text—the Yoga Sutra of Patanjali—its aim is described as separation: isolating consciousness from everything else. And yoga is not five thousand years old, as is commonly claimed; the earliest evidence of practice dates back about twenty-five hundred years. (Yoga may well be older, but no one can prove it.) The Truth of Yoga is a clear, concise, and accessible handbook for the lay reader that draws upon abundant recent scholarship. It outlines these new findings with practitioners in mind, highlighting ways to keep traditions alive in the twenty-first century.

Explore the physiology of 30 key yoga poses, in-depth and from every angle, and master each asana with confidence and control. Did you know that yoga practice can help lower your blood pressure, decrease inflammation and prevent age-related brain changes? Recent scientific research now backs up what were once anecdotal claims about the benefits of yoga to every system in the body. Science of Yoga reveals the facts, with annotated artworks that show the mechanics, the angles, how your blood flow and respiration are affected, the key muscle and joint actions working below the surface of each pose, safe alignment and much more. With insight into variations on the poses and a Q&A section that explores the science behind every aspect of yoga, this easy-to-understand, comprehensive book is an invaluable resource to achieve technical excellence in your practice and optimize the benefits of yoga for your body and mind.

Yoga Bones

A Guide for Beginning the Essentials of Devotional Yoga

Yoga for Healthy Aging

A Guide to Lifelong Well-Being

The Book of Yoga

Life in the Vast Lane

Presents an introduction to the principles of Hatha yoga and provides explanations and illustrations of the physical postures and relaxation and breathing exercises, and an introduction to meditation.

The definitive resource on how to use yoga to foster your physical, mental, and emotional health for a lifetime. Everyone would like to age with as much strength and grace as possible and now numerous studies confirm what many yoga practitioners have known

for a long time: yoga practice has a remarkable impact on physical and mental health—and spiritual well-being—as you grow older. Yoga for Healthy Aging is the definitive resource on how to use yoga to foster your physical, mental, and emotional health for a lifetime. Baxter Bell, MD, and Nina Zolotow, respected yoga teachers and authors of the popular “Yoga for Healthy Aging” blog, explain how yoga can address concerns related to strength, flexibility, balance, agility, cardiovascular health, brain health, and stress management, among other issues. They offer a safe, real-world yoga program to suit your particular needs, which includes poses, breathing practices, meditation, and yoga philosophy. Their program was developed in consultation with scientific and medical experts on aging, and allow you to focus on maintaining overall physical health and/or addressing target problem areas. Yoga for Healthy Aging is a yoga toolbox that will set you up for a lifetime of emotional and spiritual well-being.

An eagle soaring among the clouds or a star twinkling in the night sky . . . a camel in the desert or a boat sailing across the sea—yoga has the power of transformation. Not only does it strengthen bodies and calm minds, but with a little imagination, it can show us that anything is possible. New York Times bestselling illustrator Peter H. Reynolds and author and certified yoga instructor Susan Verde team up again in this book about creativity and the power of self-expression. I Am Yoga encourages children to explore the world of yoga and make room in their hearts for the world beyond it. A kid-friendly guide to 17 yoga poses is included.

Yoga is a healthful, stress-busting, powerfully life-changing practice that is truly for everyone! You don't need to be young, flexible, or athletic to do yoga, and you don't need to spend hours on the mat. You just need to be yourself and commit to practicing at least five minutes a day. Here, renowned yogi Kino MacGregor presents a basic, self-paced plan to encourage you to try each of the thirty foundational poses included and slowly build a regular yoga practice. Through step-by-step instructions, over two hundred color photographs, and modifications for different body types and abilities, Kino makes yoga possible at whatever level you may be. By challenging yourself for just five minutes a day, you will end up learning a strong, basic yoga sequence that you can grow and adapt for a lifetime of yoga.

The Ultimate Guide for Current and Aspiring Instructors

The Complete Yoga Book

An Illustrated Guide to Over 100 Yoga Poses and Meditation

Discover the Best Postures, Meditations, and Breathing Exercises for Complete Physical and Spiritual Well-Being

Yoga for Everyone

The Runner's Yoga Book

Create a personalized, therapeutic, yoga-based plan to heal bodily pain and get you back to living the life you deserve. If you are one of the millions of people who suffer from an orthopedic condition on your daily life. From neck pain to knee replacement and everything in between, Laura Staton uses yoga as a roadmap to restore function and life balance. This invaluable guide helps you explore, manage your discomfort and find long-term healing, increase strength, and decrease pain. Expertly organized by orthopedic conditions including herniated disks in the back or neck, shoulder syndrome, and more, each chapter includes a curated menu of therapeutic poses with descriptions, photographs, and illustrations. Yoga Bones is accessible to all ages and abilities, with yoga that is easily adapted to your needs and function. With a holistic and gentle approach, Staton provides a bridge between mainstream medical practices and mindful healing. You don't have to suffer through pain or learn to endure it; you can heal your body and your overall health.

Davis renders a comprehensive philosophical journey and treatise into the “art and science” of Yoga therapy as a self-healing treatment paradigm for the novice and experienced Yoga practitioner. Senior Iyengar Yoga teacher Bobby Clennell brings decades of yoga study and teaching experience to The Woman's Yoga Book. She offers a comprehensive program of asana (yoga poses) and pranayama (breathwork) designed to support menstrual health from menarche to menopause, along with nutritional and lifestyle information for those times off the yoga mat. Yoga sequences are given for each phase of the menstrual cycle: premenstrual: poses to stabilize • menstruation: poses to restore • postmenstrual: poses to rebalance • on through to ovulation: poses to strengthen In addition, The Woman's Yoga Book offers solutions for: tension, and moodswings • migraine headaches • bloating and breast tenderness • insomnia • cramps and lower back pain • heavy bleeding • scanty periods • absence of menstruation • irregular periods. As an animator, Bobby has used her skill in rendering over 700 illustrations that teach right along with her text. Best of all, she encourages women to embrace the physical, emotional, mental, and spiritual benefits of practicing women's yoga. Begin the journey—now!

Simple yoga practices to increase your peace and reduce stress. For centuries, yoga has provided a path to physical, emotional, and spiritual well-being. But modern lifestyles make it difficult to fit yoga into your busy life. Body and Mind Handbook offers the best of both worlds—essential poses and meditations made easy so you can fit the full benefits of yoga into your busy life. Virtually anyone can enjoy yoga. By breaking down complex meditations into simple routines, you'll learn how to relieve daily stresses and strains. Whether you're new to yoga, or rediscovering the practice, this guide will get you moving, breathing, and meditating. Happier you. Yoga Body and Mind Handbook includes: Complete yoga routines—Step-by-step instructions and illustrations help you enjoy the benefits of yoga anytime, anywhere. Easy poses—These are perfect for beginners—no contortion necessary. Guided meditations—Learn mindful practices that encourage healing and empowerment. The path to improved health, happiness, and peace of mind is just

journey with the Yoga Body and Mind Handbook.
A Practical Guide for Yoga Teachers and Trainees
The Spiritual Science of Kriya Yoga
Bringing the Body, Mind and Spirit Into Balance and Harmony
Yoga Anatomy
The Little Book of Yoga Practices
Little Yoga

This title explains the true meaning of yoga and demonstrates the practices and postures of Ashtanga Yoga that should enable the reader to achieve mastery over the mind and body and can eventually lead to self-realization.

"This is the most complete book available on the practices, techniques and philosophy of Kriya Yoga. It is an invaluable guide which takes the student step by step through the eight stages of Patanjali, from the yamas and the practice of ahimsa to samadhi, the ultimate realization of the yogic path.

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

Yoga is one of the most popular relaxation and fitness methods in the world, and there are many different styles and types to choose from. 'The Yoga Handbook' discusses the origins of yoga and the differences between the styles.

The Eight Limbs of Yoga

The Little Book of Yoga

An Essential Guide to Its Principles and Practices

Yoga

Routledge Handbook of Yoga and Meditation Studies

Quick & Easy Ways to Create Lasting Peace

Find the best postures, meditations, relaxations, and breathing exercises for complete spiritual and physical balance. This book includes standing postures, sitting postures, supine postures, as well as advanced postures and relaxation techniques. A variety of daily routines are provided with complete instructions. Yoga is a discipline and form of exercise that appeals to many different kinds of people, because in our fast-paced stressful world it offers an accessible and enjoyable means of escape to personal serenity, balance, and contentment. The Yoga Healing Handbook clearly explains yoga healing techniques in easy-to-follow instructions accompanied by step-by-step photography. Practical tips, as well as options for easier modifications and more difficult variations, enable you to tailor the course to your needs, experience, time, and abilities.

The Kundalini Yoga Book by master yogis ANA BRETT and RAVI SINGH is your ultimate guide to this dynamic inner and outer yoga system. Ravi and Ana share these techniques in their much loved fun, accessible and non-dogmatic style. Supercharge your life with dozens of beautifully photographed workouts to help you profit from your practice, streamlined, symmetrical, inspired, and on top of the world. The Kundalini Yoga book is designed to help you get your essential practice in no matter how busy you are. Each chapter features easy to follow instruction as well as insider information about the benefits of each exercise. Nourish yourself with food for the soul as well as cutting edge alignment tips. Draw inspiration from Ana and Ravi's candid and entertaining stories about their own path and process. In addition, the ancient and modern history of Kundalini Yoga (based on years of research) is presented..

The ultimate guide to the yoga profession—at every stage of your teaching career Yoga has helped you, and now you want to share what you've learned. Maybe you've just graduated from yoga teacher training, and you're wondering how to take your next steps. Or perhaps you've been teaching for a while, but you feel unsure about how to get a studio job, develop a workshop, establish clear boundaries with your students, or level up in your career. Wherever you are, The Professional Yoga Teacher's Handbook will help you choose a wise path toward where you want to be. Sage Rountree mines her decades of experience as a yoga teacher, teacher trainer, and studio owner to offer guidance at every turn: Land your first job, and smartly manage your schedule, money, and energy Prepare outside the classroom to ensure that each class is a good one Keep pace with changing Yoga Alliance standards and the expanding world of online teaching React in real time to students' needs (and gently teach studio etiquette) Figure out whether you want to become a full-time teacher, own a studio, take private clients, lead yoga teacher trainings—or all of the above. Throughout, thoughtful prompts encourage you to articulate your principles, vision, and plans. Instead of telling you what to teach, this book will guide you to your own answers—first and foremost, by asking: How can my teaching be of greatest service to my students?

Yoga is for every body, including yours! For years, yoga books have asked readers to bend over backward (literally!) to conform to their physical demands. It's time for the opposite-for readers to demand that yoga conform to their individual needs. It's time for a yoga book to reflect the broader population that would benefit from a yoga practice geared toward them. It's time for Yoga for Everyone! This book offers yoga for every type of body: those who are big, small, elderly, pregnant, or of various physical abilities-everyone. No matter who you are or what you look like or what your abilities are, you can do all 50 poses in this book. The variations to classic poses in this book will also allow you to perform all 10 sequences, which combine different poses into one singular experience and focus on specific physical and mental benefits. So forget what you've heard. Yoga isn't just for the privileged few. It's meant to be enjoyed by everybody and every body. Yes, you can do yoga-and Yoga for Everyone will show you how! ----- "Dianne is a wonderful teacher with a voice and a message that's absolutely needed not only in the yoga community but also in the world. I'd go as far as to say that this book is the most important yoga book released this year. This book smashes the myth of the thin, able-bodied yogi and provides a safe introduction to the art of yoga in a way that's accessible to all. Yoga is for everyone!" - Rachel Brathen, author of Yoga Girl "Dianne Bondy is truly a leader in the yoga world. Her unwavering commitment to accessibility and inclusiveness is demonstrated perfectly in her new book, Yoga for Everyone. This is a great book for yoga teachers and yoga students of all levels. If you're intimidated by the conventional imagery of yoga, if you think yoga isn't for you, or if you're a teacher looking for tools to make the practice approachable for everyone, this book will be a valuable tool. Yoga is an ancient science of the soul, and Dianne's work aims to bring these universal teachings

to different kinds of folks with the heart and wisdom that's a vital part of her contribution to the world." - Kino MacGregor, yoga instructor "Dianne is a force, a personal inspiration, and someone who knows her power and uses it to uplift others. Western yoga and wellness spaces are severely lacking safety and inclusion. Oftentimes, walking into those spaces can feel more marginalizing than healing. Dianne's book is full of resources anybody can use-teacher or student-to create an accessible and welcoming space. The visual representation of diverse bodies and abilities provides a needed reminder that yoga is indeed for all of us. Thank you, Dianne!" - Dana Falsetti, yoga instructor

The Yoga of Breathing, Posture and Meditation

A Comprehensive Guide to Managing Pain and Orthopedic Injuries through Yoga

The Kundalini Yoga Book

30 Days to Build a Practice That Fits Your Body and Your Life

An Inspirational Reference for Teaching and Home Practice Stephanie Keach

Yoga Teaching Handbook

In this combination of how-to guide and inspirational text, Sparrowe blends a historical overview of yoga with a wealth of exercises to help readers strengthen the mind and body.

For yoga teachers at every stage of their careers – not a what-to-teach guide but a how-to-teach guide ****Includes guidance on adapting your teaching to online platforms**** There's so much more to teaching yoga than doing yoga -- from building a relationship with a studio (or opening your own) to navigating client relationships, publicising classes, and avoiding burnout. Sage Rountree has been training yoga teachers for over a decade, and she's heard the same concerns over and over: How can I help my students best? How can I keep my teaching fresh? How can I make smart choices around my schedule, my money, and the next steps in my career? The Professional Yoga Teacher's Handbook speaks directly to these concerns in a warm, friendly voice --boosting teachers' confidence in their ability to construct a heartfelt, balanced class, and to build a career that suits them. Rountree includes stories from her own experience, journal prompts, and thoughtful workbook exercises to help aspiring yoga teachers discern their path, and to provide current yoga teachers with much-desired continuing education. This is the book every yoga teacher needs!

This overview of the essentials of Yoga is meant to both broaden and deepen the understanding of beginning students. It covers all the basic elements of this ancient discipline and philosophy of India—including Yoga poses, diet, breath control, meditation, mantras, Kundalini energy, and more. It also includes newly translated excerpts from the scriptures and pays special attention to branches of Yoga, such as Tantra, that are of great interest to Western students but are frequently misunderstood.

"Educational reference for current yoga teachers, aspiring yoga teachers and serious students of yoga. A comprehensive ""how-to"" book of teaching yoga and developing a home practice. Includes yoga philosophy."

Asana and Pranayama for all Phases of the Menstrual Cycle

The Essential Guide to Complete Mind/Body Fitness

The Path of Yoga

I Am Yoga

Understand the Anatomy and Physiology to Perfect your Practice

The Yoga Handbook

An illustrated guide with simple text provides preschoolers with an easy-to-follow introduction to nine basic yoga exercises.

The Routledge Handbook of Yoga and Meditation Studies is a comprehensive and interdisciplinary resource, which frames and contextualises the rapidly expanding fields that explore yoga and meditative techniques. The book analyses yoga and meditation studies in a variety of religious, historical and geographical settings. The chapters, authored by an international set of experts, are laid out across five sections: Introduction to yoga and meditation studies History of yoga and meditation in South Asia Doctrinal perspectives: technique and praxis Global and regional transmissions Disciplinary framings In addition to up-to-date explorations of the history of yoga and meditation in the Indian subcontinent, new contexts include a case study of yoga and meditation in the contemporary Tibetan diaspora, and unique summaries of historical developments in Japan and Latin America as well as an introduction to the growing academic study of yoga in Korea.

Underpinned by critical and theoretical engagement, the volume provides an in-depth guide to the history of yoga and meditation studies and combines the best of established research with attention to emerging directions for future investigation. This handbook will be of interest to multidisciplinary academic audiences from across the humanities, social sciences and sciences.

This trusted companion offers help and guidance on the day-to-day practicalities of teaching and running a yoga business. Including insights from renowned yoga professionals, including Liz Lark, Lizzie Lasater, Andrew McGonigle, Katy Appleton and Tarik Dervish and more, this book offers practical ways to hone teaching skills. It features topics such as working with common injuries and conditions, breath, sequencing, incorporating philosophy and myth into class, and the links between yoga and Qigong and Ayurveda. It also provides key information on how to get the most out of a yoga business, with advice on setting up and running a studio, and planning and leading retreats.

With just five minutes of meditation a day, you can achieve a more focused, balanced, and peaceful life. Join wellness consultant Anusha Wijeyakumar as she shares the transformative meditation program that she developed for California's world-famous Hoag Hospital. You will discover the vital intentions and five-minute meditations designed for heart opening, chakra balancing, trusting your inner truth, embodying courage and strength, and more. These meditations and pranayama-breathwork exercises will help you create more joy and peace in your life while learning to control negative internal chatter. Raised in the philosophy of Sanatana Dharma (Hinduism) on her way to becoming a clinician and teacher, Anusha expertly helps you integrate ancient Eastern wisdom into your modern Western lifestyle for a deeper sense of purpose, self-acceptance, and self-love.

A Handbook for Living Yoga Philosophy
The Anatomy and Mechanics of a Sustainable Practice
The Truth of Yoga
The Women's Health Big Book of Yoga
A Balanced Approach to Fitness
The Yoga Therapy Handbook

From one-minute miracles to daily routines, this guide to the micro practice of yoga has you covered. Not everyone can get to a yoga studio, so let The Little Book of Yoga Practices be your portable guide. From one-minute miracles to daily routines, this guide to the micro practice of yoga has you covered. With yoga routines for any time of day, perfecting your balance and relaxing your body has never been simpler. Flip to poses that will target key emotions, or follow the monthly guide, the choice is yours. With easy-to-follow poses just a page turn away, you'll have one less reason to skip your daily workout.

Yoga, the ancient mind-body practice, is booming in popularity, but there's no attractively packaged overview for the mainstream enthusiast. Introducing The Little Book of Yoga . This petite hardcover presents all the basics for yoga lovers of every interest and skill level—beginner or advanced, committed or just curious. The contents, broken into five sections for a customizable reading experience, include illustrated pose instructions and practical wisdom that yields rewards on and off the mat. Authoritative yet approachable, compact yet robust, it's a timely offering for a practice that continues to grow. Fans will recognize it as the only fundamental yoga book and gift givers will rejoice in finding the perfect present for the yogi in their life.

An innovative yoga manual for teachers, trainers, and advanced students—craft a safer, more effective yoga practice informed by anatomy, physiology, and biomechanics. Supplemented with more than 100 illustrations and photos, The Yoga Engineer's Manual makes yoga anatomy simple, clear, and accessible. With tips, tools, and practical advice for on-the-mat applications, this essential resource is written for yoga teachers and practitioners of all traditions. It offers a step-by-step, layer-by-layer examination of the connection between our physical and energetic bodies, their activation through finding one's best personal alignment, and methods for utilizing asana practice to explore the deeper nature of the Self. To experience the full benefits of yoga, author and yoga teacher trainer Richelle Ricard explains that we need to start with understanding the body: its mechanics, physiology, and our own individual strengths and limitations. Too often, outdated yoga modalities and rote memorization fail trainers and students with a one-size-fits-all approach. The Yoga Engineer's Manual introduces the functional anatomy, postures, asanas, and yoga-classroom skills that teachers need to confidently lead safe and effective classes that work for all students. Ricard also includes exercises, study guides, and supplemental materials for an interactive and continuous learning experience.

Filled with more than one hundred poses and fifty sequences illustrated by line drawings, this essential hatha yoga resource--for all skill levels--brings together physical poses, breathing exercises, and meditations to promote health and wellness. Original. 25,000 first printing.

The Ultimate Guide for Current and Aspiring Instructors—Set Your Intention, Develop Your Voice, and Build Your Career

A Practical and Spiritual Guide to Self Realization

Meditation with Intention

The Yoga Engineer's Manual

The Yoga Healing Handbook

Get Your Yoga On

Since 1960, more than 1 million people have used this classic guide to tap the incredible power of yoga. The attractive new edition, in a new size, will appeal to a wide audience of contemporary yoga students.

The Runner's Yoga Book is an ideal companion for the weekend or professional athlete, for the reader who wants to stretch and relax, and for the developing yoga student who wants to establish a home practice. Drawing on over thirty years of teaching and personal practice, author Jean Couch offers precise instruction in all types of poses, guidelines for home practice, yoga routines for other sports (including bicycling, skiing, swimming, tennis, and walking), a resource guide for further study, and a yoga-poses-by-alphabetical-listing index. With over 400 photographs and illustrations showing students at various levels of expertise, The Runner's Yoga Book is a complete guide for yoga students of all ages and most levels of fitness.

A clear, concise guidebook to the essentials of yogic thought and practice Many people think yoga simply means postures and breathing. Not true. The intention of this short guide is practical and straightforward: to say what yoga really is and to apply its principles to everyday life. It leads us through the eight-limbed system, a coherent framework that has been handed down and elaborated upon for thousands of years and consists of five "outer limbs," which pertain to our experience of the social world and the operation of our senses, and three "inner limbs," which focus on the mind. Stuart Ray Sarbacker and Kevin Kimple present the eight-limbed system as something that can be turned to again and again to deepen and expand understanding and practice. As an introduction and overview to the essence of yoga, The Eight Limbs of Yoga is unparalleled for clarity, usefulness, and concision.

Presents postures and total body sequences, offers breathing and meditation techniques, provides advice on finding the right style of yoga and shares a nutrition plan centered around clean, calming foods.

A Toddler's First Book of Yoga

The Woman's Yoga Book

A Comprehensive Guide to Yoga's History, Texts, Philosophy, and Practices

Essential Yoga

The Complete Illustrated Book of Yoga

The Bhakti-yoga Handbook A Guide for Beginning the Essentials of Devotional Yoga This book is a guide for anyone who wants to begin the practice of bhakti-yoga in a practical and effective way. This supplies the information, the principles, the regular activities or sadhana, and how to have the right attitude in applying ourselves to attain success on the path of bhakti-yoga, which is uniting with God through love and devotion. This outlines a general schedule for our daily spiritual activities and a typical morning program as found in most Krishna temples that are centered around devotional yoga. In this way, you will find the explanations on how to begin our day and set our mind, what meditations to do, which spiritual texts are best to study, and how we can make most everything we do as part of bhakti-yoga. All of these can be adjusted in a way that can be practiced and applied by anyone by anyone regardless of whether you are in a temple ashrama or in your own home or apartment. Such topics include: The secret of bhakti-yoga and its potency in this day and age, The essential morning practice, the best time for meditation, The standard songs and mantras that we can use, as applied in most Krishna temples, Understanding the basics of the Vedic spiritual philosophy, such as karma, reincarnation, the Vedic description of the soul, etc., How Vedic culture is still as relevant today as ever, Who is Sri Krishna, How to chant the Hare Krishna mantra, Standards for temple etiquette, The nine processes of bhakti-yoga, a variety of activities from which anyone can utilize, How to make our career a part of the yoga process, How to turn our cooking into bhakti-yoga, How to set up a home altar or temple room, depending on what standard you wish to establish, How to take care of deities in our home, if we have Them, How to perform the basic ceremonies like arati, How to take care of the Tulasi plant if you have one, And the spiritual results you can expect to attain through this yoga. All of the basics and effective applications to get started and continue with your practice of bhakti-yoga is supplied so you can progress in a steady way, from beginner to advanced.

This text demonstrates, in clear photographs, 60 of the most important poses, each common to the main schools of yoga. It shows how to build up to the poses through gentle and gradual practice, and describes the health benefits of each one.

The Yoga Handbook An Inspirational Reference for Teaching and Home Practice Stephanie Keach

The Professional Yoga Teacher's Handbook

Science of Yoga

The Yoga Book

50 Poses For Every Type of Body

The Bhakti-Yoga Handbook