

Structural Yoga Therapy: Adapting To The Individual - Mukunda Stiles

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Once you have learned the basics of yoga, where do you go? This book has been written for teachers and serious practitioners who want to use yoga to bring complete balance to the body. Stiles provides a comprehensive overview of the spiritual philosophy of yoga and its many branches, and discusses everything that a beginning student needs to consider when choosing a practice, including how to find a yoga teacher. Then he shares his solid understanding of anatomy and kinesiology (how specific muscles and bones react during movement) so that you can understand how each asana affects your body. Author: Stiles, Mukunda Publisher: Weiser Books Illustration: N Language: ENG Title: Structural Yoga Therapy: Adapting to the Individual Pages: 00344 (Encrypted EPUB) On Sale: 2000-11-15 SKU-13/ISBN: 9781578631773 Category: Health & Fitness : Yoga

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