

Yoga: Awakening The Inner Body - Donald Moyer

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Written by an author who has practiced Iyengar-style yoga since 1971, and who studied it with B. K. S. Iyengar himself, Yoga: Awakening the Inner Body is a thorough, up-to-date resource for students and teachers. Using questions such as "Do you have sloping shoulders or square-set shoulders?" and "Are the muscles at the back of your upper arms weak?" the book allows readers to tailor the instruction to fit their needs. Eight chapters cover everything from balancing the sternum to aligning the shoulder blades to exploring the relationship among the collarbone, kidneys, and groin. The book also features an introduction in which the author defines the inner body and the various stages of awakening and gives suggestions for using the book. Author: Moyer, Donald Publisher: Rodmell Press Illustration: N Language: ENG Title: Yoga: Awakening the Inner Body Pages: 00256 (Encrypted EPUB) On Sale: 2006-03-01 SKU-13/ISBN: 9781930485129 Category: Health & Fitness : Yoga

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