



## Hatha Yoga Illustrated: For Greater Strength, Flexibility, and Focus

*Martin Kirk , Brooke Boon , Daniel DiTuro*

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Experience the physical benefits and body awareness from hatha yoga--the most popular form of yoga today. "Hatha Yoga Illustrated" presents nearly 650 full-color photos to visually demonstrate 77 standard poses from hatha yoga that apply to all major hatha styles including Iyengar, Astanga, Anusara, and Bikram.

Individual poses are presented from start to finish, showing you how to achieve proper alignment and breathing to ensure challenging yet safe execution. The result is an increase in the effectiveness, both physically and mentally, you'll experience with each pose. Several pose variations based on your personal preference, ability, and fitness level are also included.

Eleven sample yoga routines show how to assemble the poses into workouts that meet your specific time, difficulty, and intensity parameters. Colorful and comprehensive, "Hatha Yoga Illustrated" is organized for your ultimate convenience and use. Use it to guide your muscles, as well as your mind, and increase strength and stamina, reduce stress and anxiety, reduce blood pressure, and increase flexibility.

## **Hatha Yoga Illustrated: For Greater Strength, Flexibility, and Focus Details**

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## **From Reader Review Hatha Yoga Illustrated: For Greater Strength, Flexibility, and Focus for online ebook**

### **Saira says**

A basic breakdown with step by step illustrations of the major asanas along with the relevant information a teacher needs to know (like the mental and physical benefits along with the contraindications). I like that modifications are included and how the book is broken down by type of posture. This was a part of my teacher training curriculum but I'll definitely be holding on to it for reference through the years.

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### **Peter Barr says**

This is a simple and useful book as an introduction and learning tool for practicing yoga. The explanations are simple and full and it is well photographed. There is only some minor language awkwardness but that is to be expected when there are experienced instructors explaining the practice to a novice such as myself. I own the book and refer back to it frequently to learn poses and the routines.

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### **Danielle Hewitt says**

This book was part of my yoga teacher training curriculum so I bought it more out of necessity than desire. However, my 2-year-old daughter discovered it on my shelf one day and took instant possession of it. She absolutely LOVES this book. I can only imagine that her fascination comes from the full-color photos packed on every page and the fluid sequences at the end of the book. She is only a toddler, but is happy as can be following along with this yoga book and copying the asanas. (Under my supervision obviously...)

Anyway..this is a great book for what it is. A simple, illustrated breakdown of yoga asanas including the variations of each pose, and basic background info about it.

This is not a book about yoga theory, philosophy, or deepening one's practice beyond Hatha Yoga. Nonetheless, it would be a beneficial addition to the bookshelves of almost all yogis. Its a quality reference, manual, and general guide to asana. It would be especially excellent for future teachers, yoga beginners, and more visual-style learners.

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### **Connie says**

Nice reference book - good photos, and I like the pose modifications, etc. Well laid out as a quick/easy reference.

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### **Brent says**

this book is a fabulous and useful asana guide.

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### **Brandi ;)** says

Great photos and explanations of yoga poses. Gives modifications too.

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### **Angela Stephen** says

The only thing better than this book is taking a class with Martin!

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### **Jamie** says

Nice reference for new teachers as well as practitioners who don't want to practice in the studio

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### **Alexa** says

great for benefits of poses...if you want to create a class, vinyasa, or series for addressing a specific mind/body/spirit focus, this book really outlines which poses will benefit you.

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### **Susan Raymond** says

#### **Hatha Yoga**

I found this to be a clearly written book, easy to follow descriptions, good pictures. Good for learning the poses.

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### **Cara Stearns rohde** says

This breaks down postures in a way that even a beginner (like me) can figure them out.

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### **Rose** says

I'm doing a short review on this because it was a part of my collection of library books where I wanted to do some research on yoga and it was one of the many I pulled from the shelves. This is a very basic guide to yoga, giving an introduction to the history of yoga practice, basic techniques for breathing, as well as various illustrations of different poses such as downward dog, tree, fish, warrior poses, eagle, among others. The part

of the book that I really got the most out of, apart from other sources, is the list of routines included in the last chapter, where they have a suggested sequence of poses that are best suited for flexibility, warm up routines, and gentle poses that are safe for all practitioners of yoga at any level. I would certainly recommend this book for a beginner starting yoga, though more advanced students can use this as a brief refresher.

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### **Zoe says**

#### **\*\*\* WILLING TO SELL \*\*\***

I'm thinking about selling this book in order to save money for the other books I will be needing this (Winter 2013)semester.

Message me for information

Book I'm using for my first year CEGEP (Grade 12) Yoga class.

Good description of each Asana and its contraindications. The pictures are very clear and they give the best description of the pose out of everything.

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### **Tasha says**

I used this book for my college yoga class. It was easily laid out for first time yoga students. Very informative.

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### **Cecile says**

I am a Yoga Teacher ; I use Hatha Yoga Illustrated all the time as a reference book when I devise my yoga lessons. The photographs and description are excellent. I like the format of this manual and especially the information about the physical and mental benefits, as well as the contraindications for each posture.

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