



Yoga para Dummies

Larry Payne , Georg Feuerstein , S.A. Parramón Ediciones (Translator)

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El yoga ha proporcionado paz y salud a millones de personas desde hace casi cinco mil años, y tú también puedes enriquecerse con su práctica. Deportistas de élite, personas convalecientes de lesiones o enfermos con dolores crónicos encontrarán los ejercicios adecuados a sus necesidades. Tanto si eres principiante como si ya tienes experiencia, con esta segunda edición de *Yoga para Dummies* descubrirás el extraordinario potencial de tu cuerpo mientras fortaleces tu mente. • Para empezar con buen pie — aprende rápidamente los aspectos fundamentales del yoga, tanto si asistes a clases como si practicas por tu cuenta. • Las posturas básicas — con ayuda de ilustraciones y fotografías útiles, aprende las posturas sentadas, de pie, ejercicios de equilibrio, flexiones o rotaciones. • El arte (y el ejercicio) de la relajación — aprende técnicas de relajación que funcionan y descubre cómo tener una actitud sana y practicar el yoga de forma segura para liberarte del estrés. • Las edades del yoga — proporciona equilibrio a los niños y adolescentes, encuentra rutinas fáciles para adultos y adapta el yoga a la vida de los mayores. • Yoga y embarazo — hazte con las técnicas más modernas (y seguras) del yoga para el embarazo y el posparto.

Yoga para Dummies Details

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From Reader Review Yoga para Dummies for online ebook

Tanya says

A very helpful yoga book. Simple workouts, step by step instructions and some basics for other aspects of yoga. I will be using it frequently.

Patty Chamovitz says

Great reference book. Has helped me with my yoga practice. A must for any beginner.

Michelle says

This had a good structure for how to build your own yoga practice, though a somewhat limited amount of poses to choose from, which I suppose is appropriate for a book like this.

I enjoyed the parts of the book that discussed yoga as a lifestyle and the history and non-physical aspects of it.

Amberle says

I recommend this for anyone interested in the theoretical (not read: scientific) basis for Yoga. There are concise explanations of the historical, spiritual and physical aspects of yoga, as well as possible long term benefits. It gave me the information to understand other people's beliefs and to integrate the yoga lifestyle into my non-belief.

P.S. the Explanations of the various breathing Exercises and Asanas are Ace!

Rachel Lofthouse says

I purchased this book 16 years ago on a recommendation from my yoga teacher at the time. After reading the book for the first time, I diligently designed some yoga routines and continued to practice on my own after the yoga classes stopped. Somewhere between 16 years ago and now, I fell into bad habits and my mind and body no longer benefited from the lifestyle I lead. With a bad back and two-week holiday, I decided to re-engage. Yoga classes have been booked and attended and Yoga for Dummies has been reread. Because I am now at the time of life where you either use it or lose it, I will be exploring yoga in a lot more detail this time around and will work towards bringing this practice into my everyday life.

(Note: technically this book is not finished as I will be using it as a reference tool and following the routines outlined as well as updating the routines I wrote 16 years ago to meet my current requirements.)

Meera Kannan says

A good book for quick reference. Ideal companion when I am in a hurry to design an upcoming yoga session.

Elyse says

2018 Reading Challenge #18 - a book by two authors.

Camilla Severns says

A very helpful, engaging, and fun guide for newcomers to the yoga experience.

Maureen says

injured myself slightly during yoga class so got this book and learned and practiced a few lighter postures. Ready to go back to regular postures again now but picked up several ideas, postures, good to read about mantras, ten tips for safe yoga practice (find your personal comfort zone), and yoga morals

Leah Markum says

3.75

This book is mostly designed as a reference where you can open at any chapter and not feel left out. As such, reading from cover to cover was redundant. However, what makes this book great are the broad array of beginner-adapted yoga exercises, advice for designing a program, and (my favorite) are the conceptual chapters in the front third of the book. I don't think many other books in the same niche properly address the mental aspects of yoga like its history and philosophies (just from the first chapters I would rate this 4.5).

Basically, this is a well-rounded, better-than-most beginner yoga book.

Sudarshan Bindal says

A small,cute version of the original,this little book fits in the palm of your hand.It's meant for dummies,& it gives a decent introduction to them for it's size.Has some nice reminders for the not-so-dumb also :-D for e.g."The perfect posture is perfectly mythical"!!!

Jeanette "Astute Crabbist" says

This remains my very favorite basic yoga book for my home practice. It has the best step-by-step directions for each pose, as well as modifications. It has photos of people in the poses, which I find much more useful than the drawings found in other books.

The book also gives a good overview of the whole yoga lifestyle, and includes sections on creating your own practice using proper sequencing.

I especially appreciate their emphasis on being gentle with your body, and not pushing it beyond comfort.

Lewis Smith says

I gave up after 200+ pages. Too much information that was not directly related to performing yoga "exercises".

Sandie Grise says

This is the perfect book for me! It's easy to follow along and do the exercises. I feel as if I am getting more toned by following a scripted routine. I highly recommend this book to anyone who is looking into toning their muscles.

Siddharth Shah says

Classic addition to the suite, really breaks things down for dummies like me!
