



Personal Trainer: Yoga for Life (Paperback)

By Liz Lark

Carlton Books Ltd, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. Yoga for Life will help readers decide which form of yoga is most appropriate for them, presenting the different forms in a clear, accessible way and showing the basic postures and movements of each form. The five main forms of yoga practised in the west are covered: Astanga; Iyengar; Viniyoga; and Sivananda. Each section includes real case studies of various people who practise the form, showing how they combine their yoga practice with their work and home life, and how yoga has transformed their lives. Each of these case studies will help to show how different forms of yoga can work for different kinds of people. There will also be comments from celebrity yoga practitioners, pictures of classes in progress, key benefits of each form and interviews with leading teachers.

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