



## Get Started: Yoga

By Nita Patel

DK ADULT. Hardcover. Book Condition: New. Hardcover. 192 pages. Dimensions: 8.7in. x 6.9in. x 0.8in. Have you always wanted to learn yoga, but don't know how to get started? Get Started: Yoga is your perfect, patient teacher, taking you from complete beginner to being able to master 49 yoga poses and 12 sequences. Start simple with basic poses including downward facing dog and the cobra; build on them with the warrior lunge and the half lotus; and take it further with the dolphin, the rocking bow, and more. You'll also learn how to improve your posture, fine-tune your alignment, and create your own exercise session. Packed with advice, reminders, and help when things go wrong, Get Started: Yoga will soon have you hooked on this relaxing and enjoyable practice. More than any other series on the market, DK's Get Started series simulates carefully structured classroom lessons, an approach that allows you to custom-build courses with practical lessons and themed projects. Nothing is assumed, and everything is explained; each book answers fundamental questions, identifies the subject's basics, and provides step-by-step explanations and assessments so you can fulfill your own unique potential. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La...



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