



The Complete Idiot's Guide to Yoga

Joan Budilovsky , Eve Adamson , Carolyn Flynn

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Completely restructured to focus more on the how-to components of yoga, this step-by-step guide replaces photos with all-new two-colour line illustrations that not only show readers what the various yoga postures look like, but how to get in and out of them easily and painlessly. Non-intimidating and easy-to-follow exercises show readers just how fun and relaxing yoga can be.

The Complete Idiot's Guide to Yoga Details

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From Reader Review The Complete Idiot's Guide to Yoga for online ebook

Meredith says

This is by far my favorite yoga book. It has a bounty of poses, a bit of history and a lot great advice.

Robin says

A lot to take in. A good keeper to reflect back on.

Sherry says

A good primer on yoga for someone who knows absolutely nothing about it.

I enjoyed reading about the philosophy behind it and basic terms. The different poses are arranged by focus, which I found helpful, i.e.. forward bends, back bends, cardio, relaxation. The photos for the poses and explanations that go with them are understandable. They also include sections on special issues, such as pregnancy, children, menstruation, or older adulthood. Suggestions for how to integrate yoga into your routine and ideas about how to structure those yoga sessions are provided. If you know nothing about yoga, but would like to know more, this is a good place to start.

Natasha says

Very good. I liked it so well, that I just bought a new copy for 75cents on Amazon :)

Mell says

I rounded up from 2.5 stars. Good for *lots* of written detail and thorough overview of yoga: physical, mental, dietary, etc. Not so good for step by step how-to photos/illustrations.

Karin says

Great reference. Used during 2010 yoga teacher training.

Lindsey Fleck says

Loved it so much I bought a copy!

Sukhi says

This book has been a wonderful introduction to Yoga. I enjoyed learning about the background of Yoga including the principles behind it, etc. I also enjoyed the simple instructions provided on each of the poses.

Brian says

Pretty clear and easy to use guide to trying out yoga. I haven't injured myself yet....

cuifen says

As usual, when I want to learn more about something, I find a book on it. This is a great overview of yoga that provides information on its history and more spiritual aspects in a totally non-scary, accessible way. Good collection and explanation of poses too.

Jeanette "Astute Crabbist" says

I actually prefer Yoga for Dummies because it has better step-by-step instructions and photos. This one uses drawings, so it's hard to tell what your body is supposed to look like, and the instructions aren't quite as clear as Yoga for Dummies. HOWEVER, there is a lot of valuable info in this book, and it contains some poses I enjoy that are not in my other yoga books. Lots of good stuff on breathwork and so on.

Linda Beauchamp says

Good basic instructions for beginners. I use it as reference now.

Peggy says

This is a great way to go about learning the basics about yoga before going to a class!
