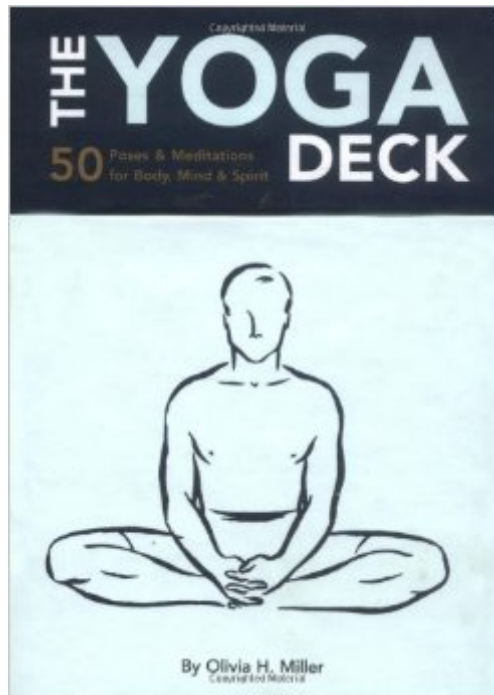


The book was found

The Yoga Deck: 50 Poses & Meditations For Body, Mind, & Spirit



Synopsis

Now beginners, experts, and teachers alike can make rejuvenating meditations part of daily life with this beautifully illustrated deck of fifty yoga poses and meditations. Each easy-to-use card gives detailed instructions, benefits, and an affirmation. If you're short on time, you can pick just a single card, or for a more guided experience, follow one of the sequences provided. Create an exercise routine that focuses on your specific needs. In the park or at the office, these portable cards are perfect for stress relief, promoting strength and energy, and relaxation--anytime, anywhere.

Book Information

Cards: 50 pages

Publisher: Chronicle Books (April 1, 2001)

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ISBN-10: 0811828891

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Product Dimensions: 4.1 x 1.2 x 5.8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (113 customer reviews)

Best Sellers Rank: #14,153 in Books (See Top 100 in Books) #58 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #2196 in Â Books > Teens

Customer Reviews

"At least 5,000 years old, yoga literally means union of body and mind. It has been used throughout the centuries to promote and maintain physical and mental health, flexibility, and youthfulness." - From the Yoga Deck
There are literally thousands of yoga postures from a variety of traditions. One of these traditions-Hatha yoga-strives to balance mind, body and spirit by combining physical poses (asanas), breathing (pranayama) and meditation (dhyana). The Yoga Deck is 50 cards designed to promote health and well-being using each of these practices. Clearly illustrated, The Yoga Deck contains:
* Six Breath Cards - Offering simple yet powerful ways to use your breath to decrease tension, increase energy, and promote physical and mental health. The Alternative Nostril Breath and Sufi Mother's Breath are two such breathing exercises.
* Six Meditation Cards - Each features a lotus flower, the symbol of simplicity and perfection, and focuses on a philosophical aspect of yoga or a spiritual idea. Heart Meditation and Meditation of Intent are two examples of these types of cards.
* Five Warm-Up Cards - These offer bulleted instructions, listing of benefits, and instructional illustrations. Knee Hug, Shrugs and Circles, and Cat and Dog Stretch are three such warm-ups.*

Thirty-two Posture Cards - The front of each Posture Card features an illustration of the pose while the reverse side describes how to do the pose and lists the benefits. An affirmation to complement each pose is also offered. A few poses include Proud Warrior, Yoga Mudra, Mountain, Half Moon, Cobra, Bridge, and Fish.* One OM card - Included for use before and/or after your session.

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