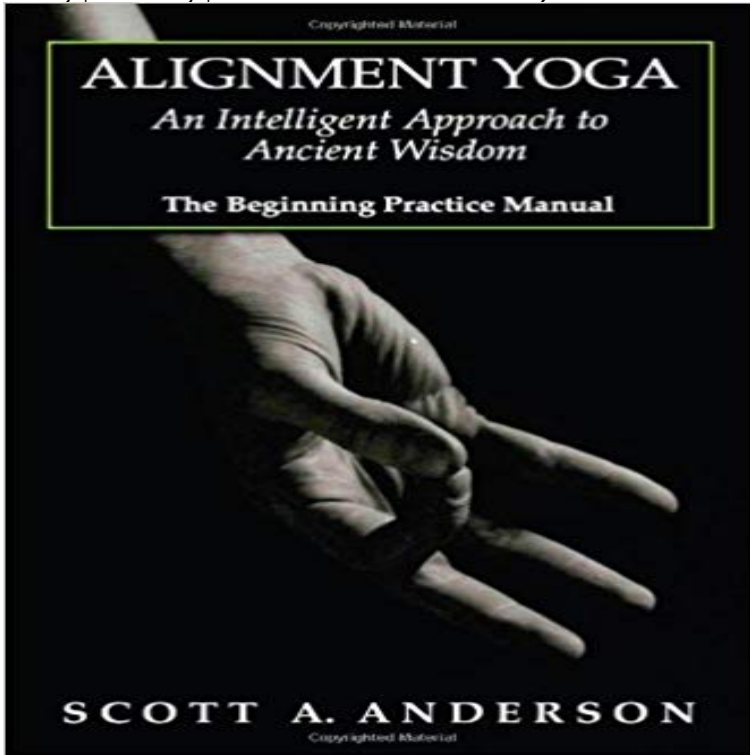


Alignment Yoga: An Intelligent Approach to Ancient Wisdom (The Beginning Practice Manual)



Practitioners near and far can now learn the core principles of Alignment Yoga on their own time, in their own home. Part I presents the unique qualities of Alignment Yoga, and what makes this style of yoga so safe and effective. Part II presents the Alignment Yoga Beginning Sequence of 20 poses, with clear instructions, color photos, and tips on how to avoid common mistakes. What is Alignment Yoga? The goal of Alignment Yoga is to faithfully import the essence of yoga while understanding the cultural differences. With this understanding, we can enjoy the full benefits of this rewarding path. Scott Anderson founded this unique approach after studying with several great Hatha Yoga masters, extensive studies of biomechanics, and a half-dozen trips to India. Review Scott Andersons deep knowledge of the human body, combined with his systematic, folksy and spiritual approach to teaching make this an irresistible choice for anyone interested in cultivating body-mind integration. Scott is a master teacher who conveys the practice with clarity, wisdom and humor. I have been around many teachers of Hatha Yoga in my career and Scott is by far the most gifted. --Dr. Richard Davidson, Director of the Center for Investigating Healthy Minds, University of Wisconsin-Madison

Whats inside: Part I: Principles of Alignment Yoga Introduction Principles of Alignment Yoga The Three Fundamentals Pre-Yoga The Recipe Action and Resistance Win-Win Alignment Part II: The Beginning Syllabus Three Fundamentals Check-in Pre-Yoga Standing Poses Inversions Back Bends Front Bends Twists Quiet Sitting Relaxation Conclusion

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