

# 15

# Yoga

# Poses

*for beginners*



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# Yoga For Beginners Update

**Xiang Xie**



## Yoga For Beginners Update:

**Yoga Basics** Amiena Zylla, 2017-08-07 YOGA FÜR DAS LEBEN DAS UMFASSENDE EINSTEIGERBUCH Yoga Basics vermittelt alles was Yoga Einsteiger wissen sollten und dies auf sehr ansprechend gestaltete und zeitgemäße Weise. So wird die Yoga Philosophie gleich auf den modernen Alltag bezogen. Was kann ich vom Yoga für meine Beziehungen zu anderen Menschen lernen wie hilft mir der Yoga besser mit Stress umzugehen. Um solche Themen geht es im Ernährungskapitel und auch darum dass jeder sein Yoga entsprechend seiner körperlichen Voraussetzungen praktizieren sollte. Im großen Asana Kapitel werden die 30 wichtigsten Positionen anhand vieler Step Fotos beschrieben immer mit Hinweisen auf die Wirkung sowie auf individuelle Variationsmöglichkeiten. Für das Flow Kapitel hat die Autorin die Asanas zu kurzen Bewegungsabläufen kombiniert die das Ben dynamischer und abwechslungsreicher machen.

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