



## Sivananda Companion to Yoga: Sivananda Companion to Yoga

By Sivanda Yoga Center

Touchstone Books. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 9.8in. x 7.9in. x 0.6in. THE ESSENTIAL COMPANION FOR BEGINNING AND EXPERIENCED YOGIS ALIKE A highly regarded organization for yoga studies and practices, the Sivananda Yoga Center created the first edition of The Sivananda Companion to Yoga in 1983. Since its publication, it has sold more than 700,000 copies worldwide and has become a standard text for both yoga students and teachers. Now with fresh, colorful pages throughout, The Sivananda Companion to Yoga remains the classic guide to yoga. With easy-to-follow instructions, inspirational teaching, and detailed illustrations, this authoritative guide covers every aspect of the yoga lifestyle, including relaxation, exercise, dietary guidelines, breathing, and meditation. Whether you're using it in conjunction with a class or on your own, The Sivananda Companion to Yoga can help you Develop a fit and beautiful body Boost your energy and vitality at any stage of life Reduce stress and experience greater peace of mind Eat nutritiously and responsibly Increase your powers of concentration and discipline Yoga is a journey toward physical and spiritual wellness. With this beautiful, bestselling guide in hand, you will experience the health, energy, and vibrancy that yoga can bring into...



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