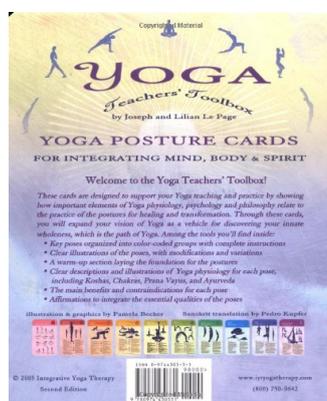


[PDF] Yoga Teachers' Toolbox

Joseph Le Page And Lilian Le Page, Joseph Le Page, Lilian Le Page, Joseph Le Page, Lilian Le Page - pdf download free book



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Description:

The Yoga Teachers' Toolbox contains 90 beautifully illustrated, laminated cards in a vinyl binder. These cards are designed to support your Yoga teaching and practice by showing how important elements of yoga physiology, psychology, and philosophy relate to the practice of the postures for healing and transformation. Among the tools you'll find inside: - Key poses organized into color-coded groups with complete instructions - Clear illustrations of the poses, with modifications and

variations - A warm-up section laying the foundation for the postures - Clear descriptions and illustrations of Yoga physiology for each pose, including Koshas, Chakras, Prana Vayus, and Ayurveda - The main benefits and contraindications for each pose - Affirmations to integrate the essential qualities of the poses.

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