

# Yoga



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出版者:St Martins Pr

出版时间:2002-1

装帧:Pap

isbn:9780312273316

Rodney Yee is one of the most sought after yoga instructors in the world, selling more than two million instructional videos and running an extremely popular yoga studio. Now for the first time, he brings his guidance and poetry to the page. This introduction to the practice of yoga guides beginning students through eight full yoga practices with 400 beautiful black-and-white photographs. These practices will also provide stimulating ideas for more experienced yoga practitioners. In addition to providing a simple but useful set of physical exercises, this book also explores Rodney's personal philosophy as he uses his own unique metaphors and imagery to evoke the essence and experience of yoga. Each chapter begins with thought-provoking student-teacher dialogue to help make abstract concepts come alive as readers hear real-life stories about real-life people. This book presents the ultimate journey into the world of yoga.

作者介绍:

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标签

评论

it is one of my favourite yoga books. i love Rodney Yee

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