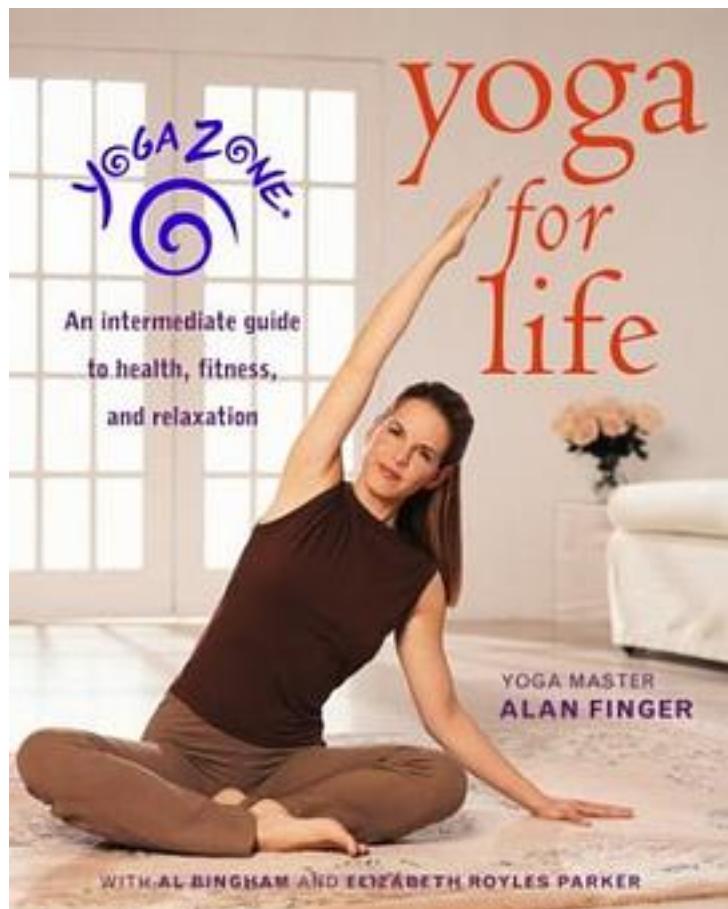


Yoga Zone Yoga for Life



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著者:Finger, Alan/ Bingham, Al/ Parker, Elizabeth Royles

出版者:Random House Inc

出版时间:2004-7

装帧:Pap

isbn:9780609804063

Yoga practice only begins on the mat. As people continue to turn to this ancient wellness tradition to stay strong, reduce stress, and find inner peace, the greatest challenge is to carry the valuable principles of yoga into everyday life. Picking up where his bestselling *Yoga Zone Introduction to Yoga* left off, yoga master Alan Finger

expands on this wisdom in *Yoga Zone Yoga for Life* .

Intermediate practice does not simply involve more difficult poses, it includes a deepening of understanding and self-knowledge. It also means using the tenets of yoga to alleviate daily tension and stress: employing a concentrated breathing exercise to calm nervous jitters before a presentation, for instance, or drawing awareness to muscular pain and natural breathing and posture tendencies during a trip to the grocery store.

With asana sequences (poses) and breathing and meditation exercises from the highly personalized ISHTA school of yoga taught in *Yoga Zone*'s classes and Alan Finger's studios, *Yoga Zone Yoga for Life* explores the core principles of yoga using accessible language. Explanations of the concepts of karma and dharma and the chakras, and their value in discovering the truest self, make this enlightening manual the perfect next step for anyone looking to delve deeper into their yoga practice.

The Reducing Stress chapter gives comprehensive advice for using yoga to alleviate and prevent stress at home and in the workplace, while Finding Balance features targeted breathing exercises and suggestions for achieving inner tranquillity. Finally, Restoring the Body provides invaluable support for healing and strengthening after illness or injury.

For anyone looking for clear guidance to help enhance their insight, *Yoga Zone Yoga for Life* is the only book necessary to continue the pursuit of a healthy, stress-free lifestyle.

作者介绍:

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