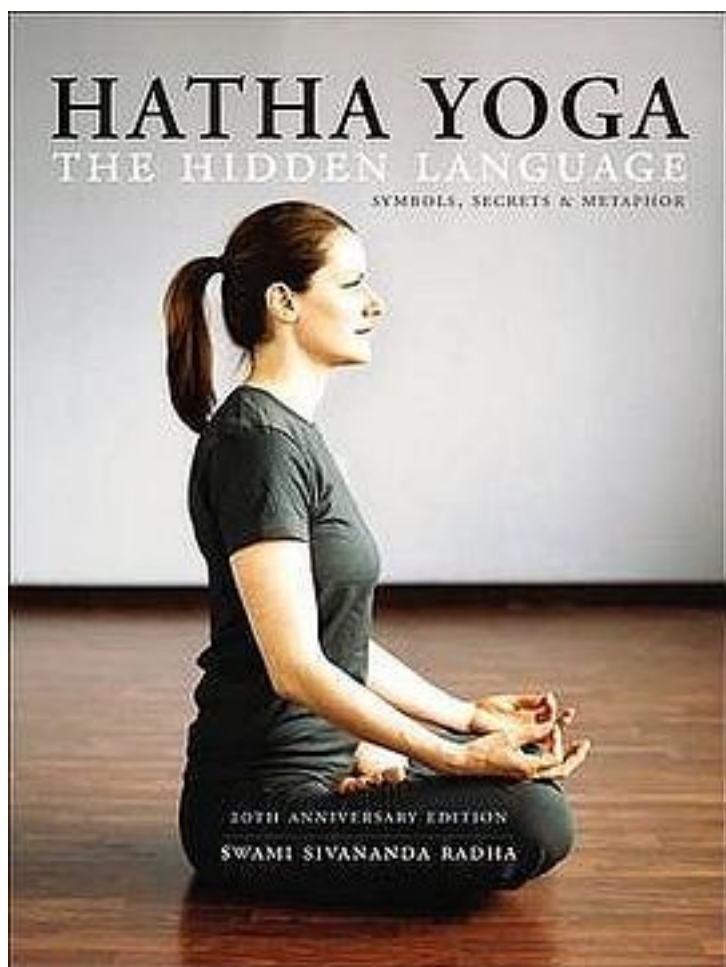


Hatha Yoga



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著者:Norberg, Ulrica/ Lundberg, Andreas

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For the 16.5 million yoga practitioners in America, Swedish yoga instructor Ulrica Norberg's fresh look at Hatha yoga ("the way of the body") will be a perfect entree to

the art of exercising to produce a strong mind and a harmonious soul. Focusing on pacing, not perfection, Norberg explains proper breathing and asanas, poses developed to increase consciousness, relaxation, strength, and concentration. Throughout, she maintains a thoughtful balance between philosophy and instruction, and offers step-by-step directions and wisdom for personal and communal well-being. Lavishly illustrated with gorgeous full-color photographs, Hatha Yoga is sure to inspire beginning and advanced yoga practitioners alike.

作者介绍:

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