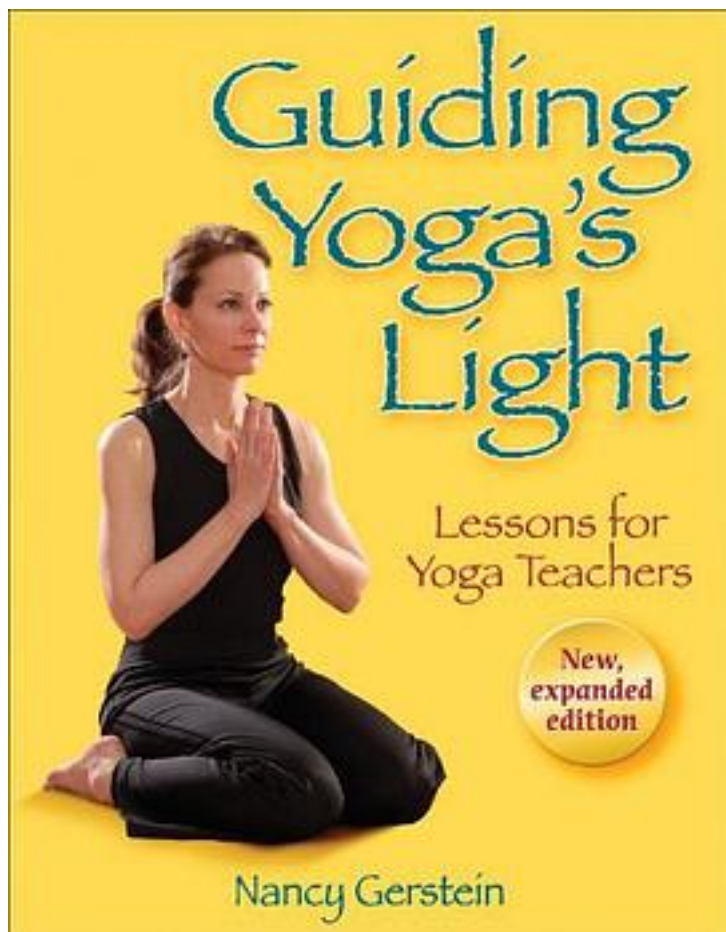


# Guiding Yoga's Light



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Now in an updated, expanded edition, this book presents 74 easy-to-follow, succinct lesson plans offering instruction in hatha yoga, including asana, pranayama, the yamas and niyamas, the chakras, creating mindfulness and understanding emotions. This

book also includes three new, teacher-requested chapters: Salutations in Motion, Lessons of the Heart Centre and Relaxation. For convenient reference, teachers and students can also refer to the vocabulary of Sanskrit pronunciations included in the glossary. Lesson plans progress from basic yogic concepts important for beginning students to more advanced material. Each lesson plan offers a written script for use in class. For beginning teachers, these scripts provide a helpful structure and set the stage for mindful yoga instruction. The book interprets yoga's 5,000-year-old philosophy in an effort to inspire, delight and empower yoga students to enrich their physical, emotional and spiritual lives both on and off the mat. Through each lesson, the book demonstrates how the strength, balance and stretching of the physical practice can inspire a healthy, complete and joyous existence.

作者介绍:

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