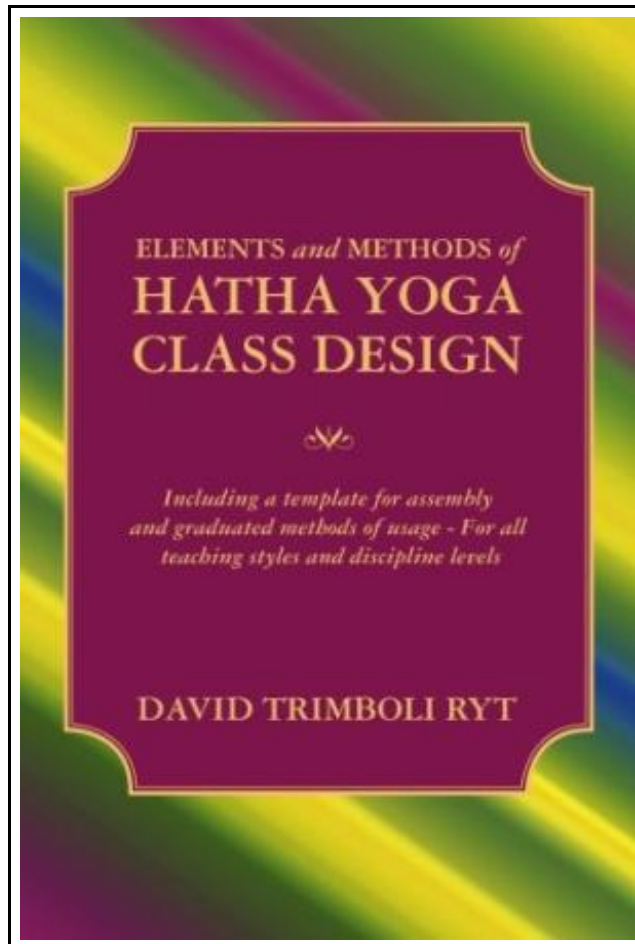


Elements and Methods of Hatha Yoga Class Design: Including a Template for Assembly and Graduated Methods of Usage for All Teaching Styles and Discipline Levels



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Reviews

This composed ebook is wonderful. It really is written in basic words rather than hard to understand. You may like the way the writer composed this pdf.

(Ryder Nolan)

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Booksurge Publishing, United States, 2010. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is designed for yoga teachers. However, students will find it of service to more deeply understand the nature of a yoga practice. Two things that students will find of particular interest are the many protective descriptions of the edge and a wealth of posture modification concepts. Teachers will discover powerful methods of designing their yoga classes from scratch. It provides many of the basic elements for this process and then varied methods to assemble them. This assembly process includes a template that the concepts from the text can be inserted into. There are many methods described in this text that can be used by both systematic and intuitive minds. This book is also written to be of service to all discipline levels. What this book will do for you: - The main point and focus of this book are growth and reinvention - Stresses the use of fundamental, intermediate and advanced methods - The tools presented are independent of class subject type - The tools presented apply to all teaching styles ranging from free associated to analytical - Design a class from scratch with a specific purpose - Invent a different teaching style for yourself - Invent totally new types of classes - Create smaller flows to mix and match - Use any one or combinations of concepts - Encourages the use of all posture sources - Chapters 1 through 6 provide many concepts - Chapter 7 defines The Class Design Template, that can be used to integrate the data in chapters 1 through 6 into a class - Chapter 8 will give you 23 different graduated methods on how to use this text - Design new classes in a...

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