



Props for Yoga - Volume 2: Sitting Asanas and Forward Extensions

Eyal Shifroni Ph.D.

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This is the 2nd volume in a series of books presenting the use of props in Yoga practice. Following the success of the 1st volume in the series, this book focuses on sitting asanas and forward extensions. Both standard and innovative uses of props are shown. Clear step-by-step instructions are provided along with ample photos, comments and tips. In addition, each family of asanas is preceded by a brief introduction incorporating excerpts from B.K.S. Iyengar and other Yoga teachers and the author's personal perspectives. If you enjoyed A Chair for Yoga and Props for Yoga Volume 1 you will surely find this book valuable.

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