



Holistic Yoga Flow: The Path of Practice

Travis Eliot, Lauren Eckstrom

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"Holistic Yoga Flow: The Path of Practice" takes you on an in-depth journey through the philosophy and practice of yoga. This book artfully explores the history, the postures and the business of yoga - and much more. It is for students and aspiring teachers who are passionate about deepening their practice.

Yoga instructors Travis Eliot and Lauren Eckstrom guide you through the ancient teachings of yoga using a distinctly modern approach. Featuring stunning photography and clear, accessible language, the book is divided into sections covering the history and philosophy of yoga, the physical practice and teaching Holistic Yoga Flow.

Highlights include:

- Detailed Alignment cues for more than 100 poses, organized by category
- A guide to the Eight Limbs of Yoga, with practice tips
- Meditations, pranayama and mantras, with exercises to apply each practice to your daily life
- A look at Bhakti yoga and kirtan
- An overview of Ayurveda and subtle anatomy
- Instructions for teaching a full length Holistic Yoga Flow class and a completely sequenced class designed for an inspiring home practice

Emphasizing the importance of continued practice, Holistic Yoga Flow will inspire you physically, mentally, emotionally and spiritually.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their spare time with their family, or their friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could be reading a book could be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the guide untitled Holistic Yoga Flow: The Path of Practice can be fine book to read. May be it is usually best activity to you.

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