



30 Essential Yoga Poses: For Beginning Students and Their Teachers

Judith Hanson Lasater

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In 30 Essential Yoga Poses, Judith Lasater draws on her wealth of yoga practice and teaching experience, as well as her training as a physical therapist, to present this comprehensive guide for beginning students and their teachers. The author discusses yoga's ancient eightfold path and its relevance in today's world, and goes to the heart of yoga—the all-important student-teacher relationship. Thirty essential yoga poses (asana), their variations, and breathing practices (pranayama) are also provided, with guidance for the student practicing at home, and points for the classroom teacher. Sequences are presented with photographic charts for easy visual reference, and a "Mantra for Daily Practice" and glossary of anatomical terms and resources for further study are also included.

30 Essential Yoga Poses: For Beginning Students and Their Teachers Details

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From Reader Review 30 Essential Yoga Poses: For Beginning Students and Their Teachers for online ebook

Amy says

I've only just started using this book; already it is a wonderful reference. Lasater goes through 30 poses, all with modifications then provides the readers with several series - daily, various moods, various body parts, various lengths. Each series contains the photograph of the pose and the reference to its description. Easy to follow with just enough information to inspire the yoga practitioner without being overwhelming.

Anittah says

Miles' momma! So far this is great. Spent 90 minutes with this book, my yoga mat, a water bottle, and my grotesquely-dimpled aging-lady ass today and I feel fantastic.

A says

This was a great beginner book. I had to buy it for my yoga teacher training. The explanations and pictures made it easy to learn the poses and generate ideas for sequencing. I would recommend this book for any teacher or beginner.

Roisin Dunne says

This is an incredible book. Plenty of modifications given. great for teachers in training and serious practitioners. It would serve well as ancillary reading for any Teacher Training in any discipline. Judith writes in a concise style explaining benefits of the pose and proper alignment. She completely nails the responsibility of teaching in a safe environment.

Diane Ives says

very good resource

Emily Joyce says

30 Essential Poses was recommended to me by my yoga instructor before I left for Peace Corps, as a way of building my own personal practice while in service. Lasater studied under Iyengar, and you can see that influence both in her spiritual approach to yoga, and in her asana instructions. She writes with a great clarity, addressing alignment and modifications. It is a book slanted towards beginners, so she offers a lot of modifications and variations with a broad variety of props. Reading the sections for teachers is helpful in

correcting your own poses during personal practice. Along with an in-depth profile on each of the 30 poses, she also includes about a dozen different sequences (7 different daily practices and a handful of sequences targeting body parts/needs). Lasater has a focus on restorative practice, which has been great in tempering my background in power ashtanga/vinyasa. The pictures are very clear, even on the Kindle.

Kimz Zahour says

Informative book with photographs of Yoga postures. The photos mirror the descriptions... which I found a little silly and sometimes confusing.

Teeni says

My favorite yoga poses book. I'm too cheap to continue going to classes and this book explains everything in terms I can understand.

Julie says

great resource and required reading for my certification

Monica says

Very helpful book with good nuts and bolts of yoga poses, how to get into them and a lot of variations.

Isabel says

this book is a treasure. will be reviewing it on my yoga blog.

Larissa Lyons says

Solid book I find myself referring to time and again. Her descriptions on how to do the poses, what muscles to engage etc., are some of the best I've read.

Sarah says

Wonderful for yoga practitioners and incredibly useful for teachers. A comprehensive must-have for any yoga library; Lasater, as usual, does not disappoint.

Melinda says

The images of the poses were big and I felt like I had a better sense of how to do the poses. The descriptions seemed easy and straightforward. Definitely a reference book I would keep to refresh my understanding of poses as a student and a teacher.

Liz Whiston-Dean says

One of my favorites. Excellent instruction and beautiful photographs.
