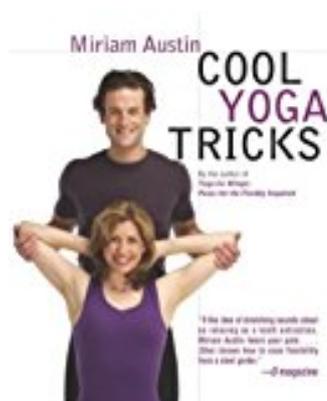


[PDF] Cool Yoga Tricks

Miriam Austin - pdf download free book



Books Details:

Title: Cool Yoga Tricks
Author: Miriam Austin
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Description:

From This delightful book by the author of *Yoga for Wimps* (2000) is chock-full of practical techniques to help the average person safely perform yoga poses. Austin has studied Iyengar yoga for several years, a style of yoga that often uses props such as blocks, blankets, chairs, and walls to deepen the experience of classic poses. In this book Austin shows both new and experienced practitioners how to use yoga props and provides partner exercises to improve the performance of poses. Clear explanations and numerous photos demonstrate how to make poses easier or more challenging. Having survived various injuries, some caused by overaggressive teachers, Austin seeks to make yoga fun and safe. She encourages the reader to trust the wisdom of the body. Her enthusiasm is infectious--it's almost impossible to read the book without getting up and trying some

of her "cool tricks." *Jane Tuma*

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Review "If the idea of stretching sounds about as relaxing as a tooth extraction, Miriam Austin hears your pain. . . . [She] knows how to coax flexibility from a steel girder."

—*O* magazine

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