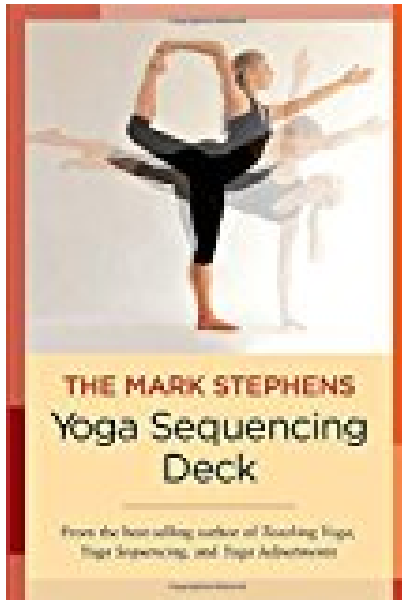


The Mark Stephens Yoga Sequencing Deck



BOOK DETAILS

- Author : Mark Stephens
- Pages : 52 Pages
- Publisher : North Atlantic Books
- Language : English
- ISBN : 1623170613

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BOOK SYNOPSIS

Written for a broad yoga market that includes teachers, teacher trainers, studio owners, and students, Yoga Sequencing presents 67 sequences of poses designed for a range of yoga student experience and offers a comprehensive resource for designing and refining yoga classes. Drawing on ancient yoga philosophy and contemporary teaching methods, Yoga Sequencing: Designing Transformative Yoga Classes presents detailed instructions and photos for 67 sequences of yoga poses that include multiple sequences for students at all levels, children and teens, women across the life cycle, seniors, people with depression and anxiety, and poses for each of the major chakras and ayurvedic constitutions.

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