



Yoga

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YOGA is a useful, neatly illustrated and well-presented very short introductory book aimed at children and adults alike. In it the reader will find out how to perform the basic asanas (positions) of Yoga: Vrikasana (make like a tree), Ardha Candrasana (make like a half-moon), Marjaryasana (make like a cat), Simhasana (make like a roaring lion), Bhujangasana (make like a cobra), Kurmasana (make like a tortoise), Viparita karani (legs in the air), and basic pranayama (breathing).

The inspiration to focus on the basic positions which all imitate natural phenomena, is especially well-chosen to attract a wide audience. In addition, the basic narrative which explains the historical evolution of yoga in terms even children can understand is a masterstroke.

... this book is strongly recommended for publication and distribution by a major Anglophone publisher.

From the reader's report by .