



30 Essential Yoga Poses: For Beginning Students and Their Teachers

Judith 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.

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