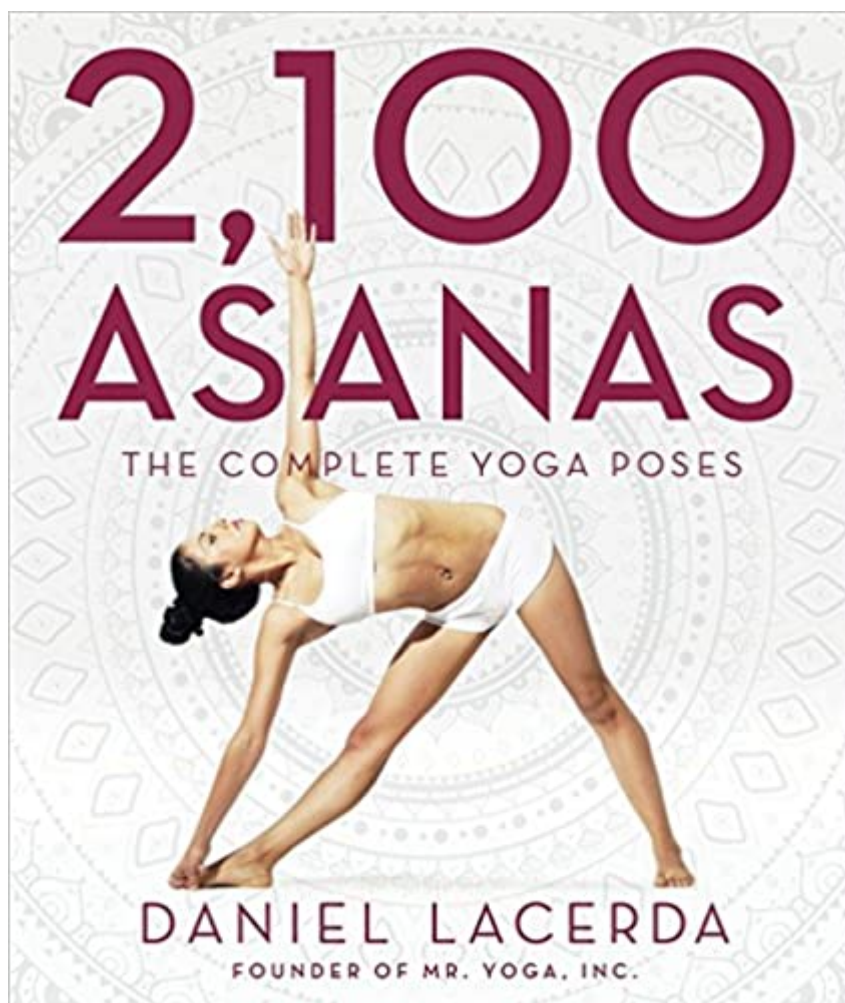


The book was found

2,100 Asanas: The Complete Yoga Poses



Synopsis

NEW YORK TIMES BESTSELLERThe most complete collection of yoga asanas ever photographed, and the first-ever to categorize an astonishing 2,100 yoga poses. This beautifully designed book is a must-have for yogis of all levels and every practice. 2,100 Asanas is an unprecedented, meticulously crafted catalog of yoga poses and modifications. It is also a gorgeous work of art, showcasing the beauty and athleticism of the human form. Each photograph features an expert yogi performing the pose to perfection. The aesthetic is clean and modern. The book is organized into eight major types of poses-standing, seated, core, quadruped, backbends, inversions, prone, and supine-and further broken down by families of poses that progress from easiest to more challenging. Every pose is accompanied by the name of the pose in English and Sanskrit, a description of the modification, the Drishti point (eye gaze), the chakras affected and its benefits. Daniel Lacerda (Mr. Yoga) is a long-time yoga practitioner, teacher and entrepreneur who has helped thousands of people, including TV celebrities and Olympic athletes learn to practice yoga for fitness and relaxation. He serves as an ambassador for Lululemon and Nike, and has been featured in Men's Health. His company, Mr. Yoga Inc. is a global brand. He lives in Toronto, Canada.

Book Information

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Customer Reviews

"This beautiful book will have anyone falling in love with the practice. (It also makes a fantastic addition to any coffee table.)" •Yahoo! Health

Daniel Lacerda (Mr. Yoga) is a long-time yoga practitioner, teacher and entrepreneur who has

helped thousands of people, including TV celebrities and Olympic athletes learn to practice yoga for fitness and relaxation. He serves as an ambassador for Lululemon and Nike, and has been featured in Men's Health. His company, Mr. Yoga Inc. is a global brand. He lives in Toronto, Canada.

Im not sure there is more you can ask for from a single book. What initially caught my eye was the sheer number of poses. 2100 poses in a single book? To be honest having read other yoga books I didn't even know there was anything near 2100 yoga poses. Most other books stop at like 100-200. So I started flipping through the book. The pictures are clear, of high quality and extremely well organized. But this isn't just a photo book. Each picture has is described, has its name in Sanskrit and English and the part I like, it tells me which muscle groups are targeted. I might sound simple but if you do the poses, or at least attempt to, now I can get an idea if im doing it right. So that's when I decided I had to buy the book. There is a section detailing the limbs of yoga. A section that helps you with training to get into the more difficult poses. And this is what has jumped out to me in day 1, I can't wait to keep exploring the book and using it to help me grow my yoga practice.

I have bought a ton of yoga books and this one is maybe the best! So complete and thorough, love the indexes for both English and Sanskrit and the drishti and chakra info for each and every pose. Top quality.

I love this book. Only downside, as some of the other reviews stated, is that it does NOT show you how to get into the poses. It's simply just an image of a pose, the name, etc. The equivalent of a photo with a caption, but no instruction on How To do it. Regardless, I've never even seen so many yoga poses anywhere else, so I'm sure I can google search how to even get into each of them on my own.

Wonderful book with tons of great yoga poses. Offers up the foundation of yoga and what the terminology is. Great for any level of yogi.

Easy to follow.

I'm amazed at how there are so many variations to poses, as well as poses in genera. Definitely worth the buy. It's huge and heavy so you'll need a backpack to carry it around. Haha!

Wow never in my life have I seen so many poses totally incredible. A book to be treasured for a lifetime. He has outdone himself. The pics r fantastic. I have other books that show alot of poses but this takes the cake. I recommend this book to anyone. I wish could train with him.

My favorite book as a practitioner and instructor!

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