

Read Book Teaching Yoga Essential Foundations And Techniques Mark Stephens

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"Teaching Yoga: Essential Foundations and Techniques is the first comprehensive guide written for practicing and would-be yoga teachers and their students, covering yoga's history, philosophy, and basic teaching methods. It follows the teacher training curriculum standards set by Yoga Alliance and blends traditional yoga with modern techniques and over 150 photos and anatomy illustrations.

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Teaching Yoga is an essential resource for new and experienced teachers as well as a guide for all yoga students interested in refining their skills and knowledge. Addressing 100% of the teacher training curriculum standards set by Yoga Alliance, the world's leading registry and accreditation source for yoga teachers and schools, Teaching Yoga is also ideal for use as a core textbook in yoga teacher training programs.

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