



## Holistic Yoga Flow: The Path of Practice

*Travis Eliot, Lauren Eckstrom*

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## **Holistic Yoga Flow: The Path of Practice** Travis Eliot, Lauren Eckstrom

"Holistic Yoga Flow: The Path of Practice" takes you on an in-depth journey through the philosophy and practice of yoga. This book artfully explores the history, the postures and the business of yoga - and much more. It is for students and aspiring teachers who are passionate about deepening their practice.

Yoga instructors Travis Eliot and Lauren Eckstrom guide you through the ancient teachings of yoga using a distinctly modern approach. Featuring stunning photography and clear, accessible language, the book is divided into sections covering the history and philosophy of yoga, the physical practice and teaching Holistic Yoga Flow.

Highlights include:

- Detailed Alignment cues for more than 100 poses, organized by category
- A guide to the Eight Limbs of Yoga, with practice tips
- Meditations, pranayama and mantras, with exercises to apply each practice to your daily life
- A look at Bhakti yoga and kirtan
- An overview of Ayurveda and subtle anatomy
- Instructions for teaching a full length Holistic Yoga Flow class and a completely sequenced class designed for an inspiring home practice

Emphasizing the importance of continued practice, Holistic Yoga Flow will inspire you physically, mentally, emotionally and spiritually.

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#### **Michael Wheeler:**

In this particular era which is the greater man or woman or who has ability in doing something more are more treasured than other. Do you want to become one among it? It is just simple approach to have that. What you have to do is just spending your time little but quite enough to experience a look at some books. On the list of books in the top list in your reading list is actually Holistic Yoga Flow: The Path of Practice. This book which is qualified as The Hungry Hillsides can get you closer in turning out to be precious person. By looking right up and review this guide you can get many advantages.

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