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Yoga Fan: Practice Guide For Everyday



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Customer Reviews

A comprehensive reference... Excellent.... it's a great item that any yogi would be pleased to have on hand. -- Ann Pizer, About.com, Oct. 19, 2004

Great guide with tips and modifications, very useful when trying to learn and remember yoga poses in home setting.

I am yoga newbie and I ordered this to help me get familiar with different poses. This is great for people like me looking to learn yoga it has moves that are basic and advanced and it's so easy to carry and to store

This Yoga fan is wonderful! It is extremely portable and seems durable as well. It stays open to the pose you choose unlike books that just won't stay on the proper page. I am a yoga beginner so I can't really speak to the appeal of the poses included but there seems to be a good variety. I plan to buy another for a friend. Highly recommended!

A very hand reference guide to yoga. I was starting to develop my yoga practice more outside the class room, and this guide was a useful tool when I didn't know where to start. I was previously familiar with a decent understanding of yoga basics before this purchase. The fan helps to break down poses very slowly, so that you may properly find yourself into the pose.

This is FANTASTIC! The quality is great. The content is great. The format is great. I bought one for myself and for a friend. It's nice if you are at home and trying to work in a pose. It provides instructions on how to get in poses. I really love having this at my fingertips. The fan fits in a great little case. So it keeps it in good condition. Easy to carry in your bag. It also talks about chakra systems. It brings the wholeness of yoga together. And the price is awesome. If you've read this far, why aren't you buying it right NOW? Get it! 

This little gem helps me perform the positions PROPERLY when I have difficulty trying to learn the techniques during yoga videos. Very handy to have if travelling too due to the size of it. Highly recommend! :)

I really really love this! I have been trying to find a step by step yoga guide because I often feel out of place in class and after two months still don't know what I'm doing right or wrong. This is really great!

Awesome way to put together a yoga sequence. This is vinyasa flow yoga. The fan also offers different challenges. The one thing I wished it had on there was the benefit to each asana. But regardless, I love this fan and carry it with me everywhere!

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