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# Yoga Fan: Practice Guide For Everyday



## Book Information

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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 handy 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 contrition. 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! [Yoga Fan: Practice Guide For Everyday Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness \(Yoga ... Books\) \(Meditation and Yoga by Sam Siv 3\) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace \(yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1\) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind \(FREE Meditation Bonus!\): \(Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners\) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos \(Beginner Yoga Guides Book 1\) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body \(Just 10 Minutes a Day!, Yoga Mastery Series\) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength \(Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief\) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind \(Yoga for Beginners Book 1\) Yoga Mama, Yoga Baby:](#)

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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