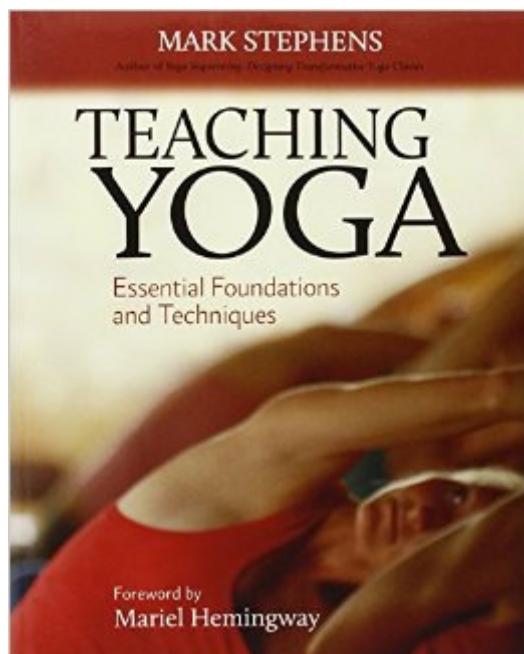


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# Teaching Yoga: Essential Foundations And Techniques



## **Synopsis**

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. Drawing on a wide spectrum of perspectives, and featuring more than 150 photographs and illustrations, the book covers fundamental topics of yoga philosophy and history, including a historical presentation of classical yoga literature: the Vedas, Upanishads, Bhagavad Gita, Yoga Sutras of Pataljali, and the main historical sources on tantra and early hatha yoga. Each of the eleven major styles of contemporary yoga is described, with a brief history of its development and the distinguishing elements of its teachings. Exploring traditional and modern aspects of anatomy and physiology, the book provides extensive support and tools for teaching 108 yoga poses (asanas), breathing techniques (pranayama), and meditation. Teaching Yoga offers practical advice for classroom setup, planning and sequencing classes, as well as the process involved in becoming a teacher and sustaining oneself in the profession. The book has over 200 bibliographic sources, a comprehensive index, and a useful appendix that lists associations, institutes, organizations, and professional resources for yoga teachers.

## **Book Information**

Paperback: 432 pages

Publisher: North Atlantic Books (May 25, 2010)

Language: English

ISBN-10: 1556438850

ISBN-13: 978-1556438851

Product Dimensions: 8 x 1 x 10 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

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## **Customer Reviews**

With the increasing number of training programs for yoga teachers and the proliferation of yoga

studios, many people, and especially yoga students, are demanding higher standards from their yoga teachers. There have been many debates as to whether or not it is advisable to have the yoga profession, and particularly the training of teachers, regulated. In 2007, the Consumer Product Safety Commission reported that in the previous three years, around 13,000 Americans suffered yoga-related injuries as reported by doctors' offices and emergency rooms. Many injuries are the result of teaching practices from incompetent teachers. Many teachers have not received proper training or do not have any certification; it is estimated that among the 70,000 yoga teachers in the United States, only three quarters have any sort of certification. Furthermore, while there are strict training programs that demand a minimum of 200 hours of training, others provide a diploma after a few days of exposure, or just by e-mail. In the middle of such a situation, the arrival of Mark Stephens' book is more than a blessing. The author has trained more than 700 yoga teachers and is the Director of the Teacher Training Program at Santa Cruz Yoga (CA). He has studied various yoga styles (Iyengar, Ashtanga Vinyasa, yoga therapy, and Vinyasa Flow) and is well versed in yoga history and philosophy. The book includes various practical tables for easy consultation, numerous photographs, a rich bibliography, a very helpful list of yoga teaching resources (yoga websites, yoga associations, and institutes and research centers), a comprehensive list of yoga poses, and a summary of the yoga sequences followed by six major yoga schools.

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The Art and Business of Teaching Yoga: The Yoga Professional's Guide to a Fulfilling Career  
The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy  
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