

The book was found

# Yoga Fan: Practice Guide For Everyday



## Book Information

Ring-bound: 142 pages

Publisher: Benefit Health Media LLC (October 2004)

Language: English

ISBN-10: 0971245614

ISBN-13: 978-0971245617

Product Dimensions: 1 x 2.2 x 8.8 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (147 customer reviews)

Best Sellers Rank: #6,087 in Books (See Top 100 in Books) #2 in Books > Health, Fitness &

Dieting > Exercise & Fitness > Stretching #8 in Books > Health, Fitness & Dieting > Reference

#23 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

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

This darling little fan is such a gem! The book breaks down so many poses, from beginner to advanced level. I love the format, the fan makes it easy to flip to the reference card you're interested in. It's small, portable, and durable! A great resource. I also like how it shows you what to do as well as what to avoid when approaching certain asanas.

I absolutely love this yoga fan! I no longer wonder what I should do next when practicing on my own. You start with a warm up series, then the sun salutation series (one of my favorite things about this fan and easy to memorize) then you can add in any additional moves to create your own workout. This easily lets you create workout from 10 mins to 90 mins. Great product for learning to practice on your own. By far beats any other flash cards I've purchased.

The fan is really great ideal, portable and easy to carry everywhere. It does not come apart like the card so I am not worry about getting messy and losing some parts. Especially my baby likes to look at the fan and play with it. The fan gives very good step by step instruction with easy to follow pics. I love how it gives tips to every poses. I can adjust myself with the tips which is great. It is hard to practice at home without instructor and the fan becomes very good instructor. It lets you create

your own work out. You can start with some warm up poses, sun salutation and pick up additional moves. I have back pain so usually I focus some stretches poses which helps to relax my back and neck. The fan includes good beginner and intermediate poses. It does not have much hard poses so if you are in high level, you can find it is not much helpful.

I ADORE THIS CLEVER AND INFORMING YOGA TRAVEL SIZE BOOK. I TAKE IT EVERYWHERE AND CAN LOOK UP POSES WITHIN SECONDS! HELPS MY PRACTICE AND MAKES EVERYDAY DIFFERENT. EXCELLENT!!!!

I received the Yoga Fan as a gift from my nephew. It's so practical, convenient, and well organized. The compact size and clever binding makes it easy to use (It doesn't clutter your work out area and stays open to the page you are working on.) I'm definitely a novice so I especially like the simple glossary explanations of Yoga terms as well as the safety tips. The Yoga Fan is great for beginners but I think experienced yoga enthusiasts will also appreciate it as an effective guide for everyday workouts.

Portable and practical. I have no experience with yoga and I wanted something to show me poses and their benefits so I can stretch out. This also shows the chakras and the poses relation to each chakra. Also has a sequence that even I can understand, though that is not something I would be into yet. Very happy. This will last me a long time.

The fan is great- they don't come apart. It would be 5 star if it came with a detachable ring to hold them all together, and allow for reshuffling. I got one, but it took extra time and a trip to the store. Mostly pose were all beginner/intermediate.

[Download to continue reading...](#)

Yoga Fan: Practice Guide For Everday YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation,

Mindfulness, Chakras, Mobility) Fan Fiction and Fan Communities in the Age of the Internet: New Essays At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Energy Medicine Yoga: Amplify the Healing Power of Your Yoga Practice Ashtanga Yoga: El Manual de La Practica (Ashtanga Yoga: The Practice Manual) (Spanish Edition) Inside The Yoga Sutras: A Comprehensive Sourcebook for the Study and Practice of Patanjali's Yoga Sutras Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga Yoga For Men: A Beginners Guide To Develop Core Strength, Flexibility and Aid Recovery (Yoga for Men, Flexibility Training, Mobility Fitness) The Inner Tradition of Yoga: A Guide to Yoga Philosophy for the Contemporary Practitioner The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga Got 'Em, Got 'Em, Need 'em: A Fan's Guide to Collecting the Top 100 Sports Cards of All Time

[Dmca](#)