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Yoga Fan: Practice Guide For Everyday



Book Information

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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 loosing 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.

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