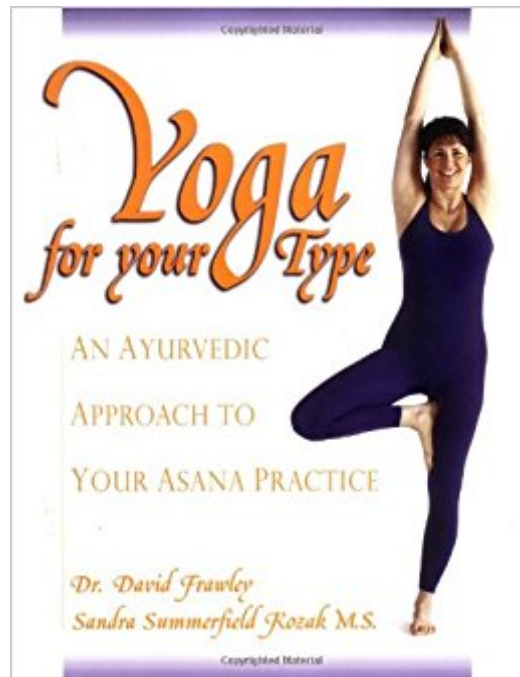




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# Yoga For Your Type: An Ayurvedic Approach To Your Asana Practice



## Synopsis

This is the first book that details how to choose Yoga asanas most appropriate for your unique body type according to the five thousand year old system of Ayurvedic medicine.

## Book Information

Paperback: 275 pages

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Best Sellers Rank: #169,194 in Books (See Top 100 in Books) #47 in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #496 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

Charts are totally unreadable on the large kindle fire and cannot be copied or printed. Pictures are okay. Buy this in paper.

This is a comprehensive guide to Ayurveda and yoga poses. I am going to use this book for planning my classes by the doshas. David Frawley is extremely knowledgeable and I have read several of his books. A must have, although the pictures are a little date, the information has not changed.

What makes this book very usable is that it has large pictures! No 2x2inch squares that are hard to decipher! If you're practicing Yoga and are interested in Ayurvedic healing principles, this book will put it all together for you. I now look at Ayurveda and Yoga in a whole different way. It's a great book for reference on what postures you should be doing (or avoid) depending on your Ayurvedic constitution. It's also great for looking up and refining postures I'm already doing in class. Great book!

This book is a must have for all yoga teachers interested in understanding the macroenergetics of

students and yoga. For anyone interested in Ayurvedics this book will complement and enhance your knowledge. Easy to read and full of richness, in knowledge, inspiration, and practical use.

I've already used this as a reference multiple times. Great info!

Used this in my yoga teacher training and it's a great reference book!

Great reference to go further into teaching yoga asanas. Truly made for one who seeks more than using yoga as an aerobic exercise. I have my certification and plan to incorporate healing properties to my sequence.

Amazing book, easy to read and comprehensive. Must have for both who interested in Yoga and Ayurveda. Very happy with purchase

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