

Yoga Poems for the Rest of Us

Brent Aronsen

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Yoga Poems



For the Rest of Us

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Brent Aronsen : Yoga Poems for the Rest of Us before purchasing it in order to gage whether or not it would be worth my time, and all praised Yoga Poems for the Rest of Us:

0 of 0 people found the following review helpful. Finding the fun in your yoga practiceBy Rebecca PThese poems serve as a reminder that even the most intense yogi would do well to find the humor in each pose! Everyone, from the beginner to the advanced practitioner, has some poses that feel more difficult and cause frustration, especially when others make them look easy. Well, this joyful book will show you that you are not alone! And the pose illustrations

with each poem provide helpful tips too; you can learn while you laugh! This is a yoga book well worth having; no matter what your level of practice, remember to have fun with it! 0 of 0 people found the following review helpful. Fun read for any yogi! By PtrPan This compilation of poems is a refreshing and funny reminder not to take yoga too seriously. Illustrations show core poses with traditional alignment cues and the poems offer comedic interpretations of thoughts we have all experienced at some point throughout classes in our yoga practice. Highly recommended!! 0 of 0 people found the following review helpful. A combination of useful tips in alignment in the illustrations By Tray W Thomas As a yoga practitioner who is always still learning, this book cracked me up! A combination of useful tips in alignment in the illustrations, and poems to make you laugh in each pose. Who doesn't struggle in trikonasana? A great one for my yoga library.

I did your sequence in order - Each pose five breaths, no shorter. But it seemed that half moon Came rather soon, And mine looked like a quarter! We've all been there. The yogi next to us executes each pose flawlessly while we barely make it through class alive. This humorous book highlights our struggles with thirty poses, each with its own poem and descriptive illustration!