



# **Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are**

*Jasmine Tarkeshi*

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“Yoga works best when it is tailored to each person’s individuality. In the *Yoga Body & Mind Handbook*, Jasmine honors this need by offering the kind of personalization and guidance that respects each reader’s specific abilities.

—**Mark Whitwell, Master Yoga Teacher and author of *The Promise and Yoga of Heart***

Yoga offers the benefits of reducing stress, increasing peace, and cultivating greater wellbeing. If you’re new to yoga, you may wonder if it’s right for you—what if it’s more difficult or requires more patience and athleticism than you thought?

Named one of 2016’s 100 Most Influential Yoga Teachers in America, Jasmine Tarkeshi has spent more than 20 years teaching yoga to people of all levels and abilities. As co-founder of Laughing Lotus Yoga Centers in New York and San Francisco, Jasmine has seen firsthand that with the right guidance anyone can enjoy and benefit from yoga.

Written specifically with the beginner in mind, the *Yoga Body & Mind Handbook* is Jasmine’s encouraging introduction to essential yoga poses, breathing techniques, and meditations.

Easy-to-follow and fun, the *Yoga Body & Mind Handbook* offers:

**Complete yoga routines from 15 minutes to over an hour** include breathing, posture, and meditation  
**Beginner-friendly yoga postures** with suggested modifications **Meditations that can be done anywhere** to counter stress and boost health **Detailed instructions and illustrations** of techniques, postures, breathing exercises, and more

No matter your level of yoga familiarity, the compassionate, step-by-step guidance in the *Yoga Body & Mind Handbook* will show you how yoga can help you live up to your highest potential by relieving physical, mental, and emotional tension.

## **Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are Details**

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## **From Reader Review Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are for online ebook**

### **Marleen says**

#### **Clear and easy**

Clear, easy to understand descriptions with illustrations. The ebook has easy to navigate links to find various poses. Love the different lists of poses to practice.

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### **Skunk says**

I think this is one of the better yoga books that I have come across. The poses were nicely illustrated and the directions were easy to follow.

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### **Jantine says**

#### **Great intro, asana drawings less helpful**

There are other books with asana pictures that are a bit more insightful. The drawn asana section is not part of the sample read, so you won't realize until you've bought the book.

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