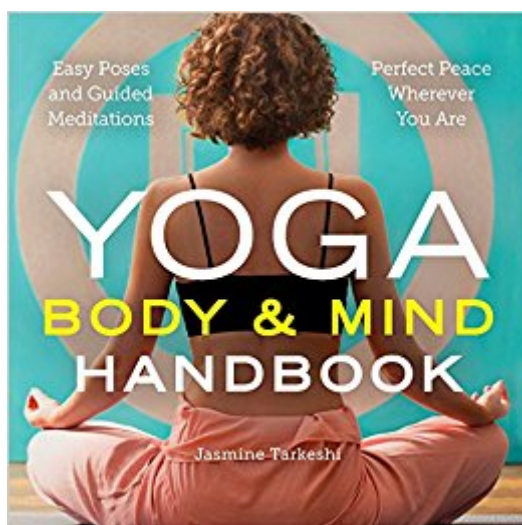


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# Yoga Body And Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are



## Synopsis

“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.

## Book Information

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## Customer Reviews

“I am grateful for Jasmine’s attention to the mind, as well as the body. I came to yoga following an injury and approached the mat like an active volcano, terrified I’d hurt myself again. Her practical suggestions are great for creating a practice that supports our individual needs and our impossible schedules, and her attention to Seva, or selfless service, is both an inspiration and a challenge to our lives on and off the mat.”

—Megan Stielstra, author of *Once I Was Cool*

“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*

“Jasmine presents a full introduction to yoga—perfect for beginning students as she outlines poses and sequences in a clear and accessible way. She explains the deeper foundations of the practice including breathing and meditation techniques, Ayurveda, and yoga philosophy. Jasmine also encourages readers to contemplate ways to take yoga off the mat to benefit the community—a true gift of the yoga practice.”

—Renee LaRose, senior event manager at Yoga Journal

“Jasmine Tarkeshi has so much unique hands-on experience working with yoga practitioners. As the co-founder of Laughing Lotus Studios, Jasmine is one of the leading voices in the sophisticated San Francisco yoga scene, where she is loved. Her book is a timely and contemporary reflection of her life’s mission: to share the sacred wisdom of this ancient healing practice.”

—Rob Sidon, publisher of *Common Ground Magazine*

JASMINE TARKESHI is the co-founder and director of Laughing Lotus Yoga Centers in San Francisco and New York City, that offer signature world renowned Lotus Flow yoga classes, as well as guided meditations and teacher trainings. A respected expert yoga teacher with over 20 years experience, Jasmine has been featured in many publications including Yoga Journal, Elle, The New York Times, and the San Francisco Chronicle. She was named one of the 100 Most Influential Yoga Teachers in America in 2016.

Awesome

Quick delivery & excited to read & learn.

Great book for beginners

Great book!

Jasmine Tarkeshi's book is a finely thought out handbook for anyone interested in yoga. Whether you can be a new yogi or a grizzled old timer (this reviewer) who has been practicing for decades. Her love of yoga and life are apparent from the first page to the last. Her writing is easy to understand and insightful. For Jasmine, yoga is a way of life; it is much more than the postures. The book explains the postures, breathing, meditation and how to incorporate all this into your life on a daily basis. Fully illustrated with detailed drawings which I found extremely helpful. Jasmine is a wonderful guide. This book should be in everyone's collection.

My daughter just gifted me this wonderful book to help me build a better foundation to my practice. The author's creative sequencing and heartfelt language is uniquely encouraging. Striving to find compassion in all aspects of my life, this is definitely steering me the right direction.

Helpful tool!

No photos

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