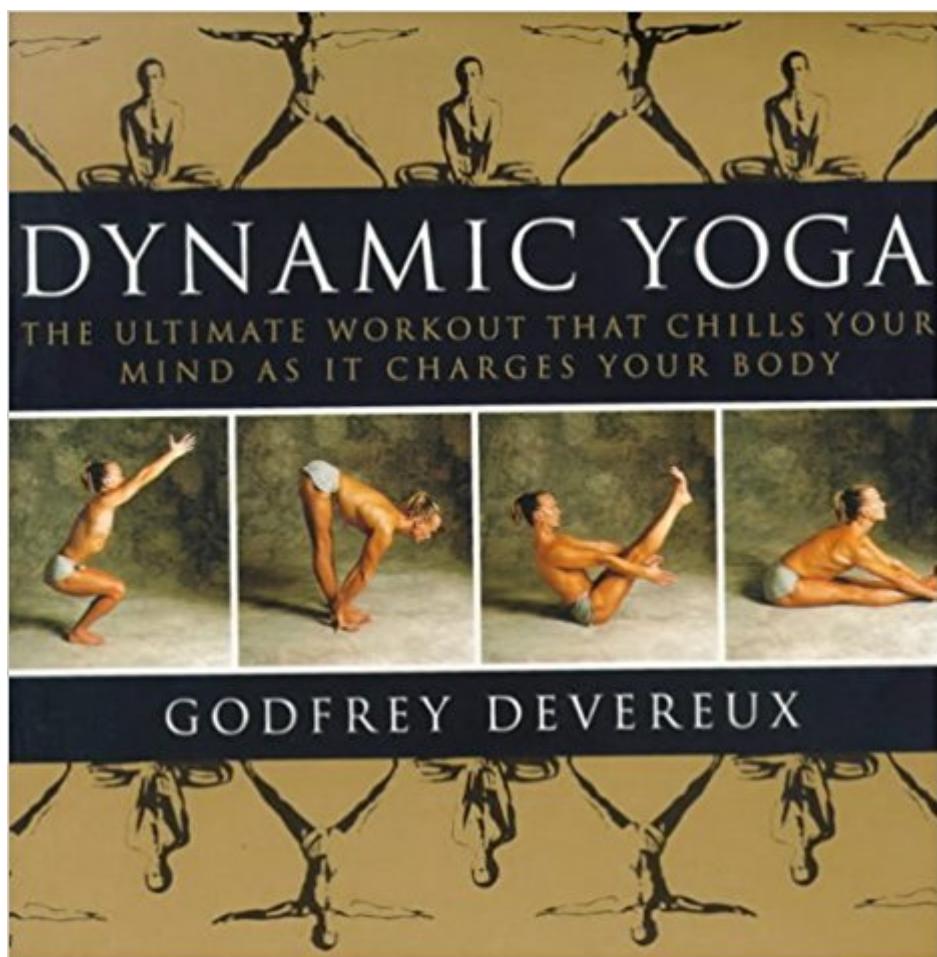


The book was found

Dynamic Yoga: The Ultimate Workout That Chills Your Mind As It Charges Your Body



Synopsis

Dynamic Yoga is an unbeatable form of exercise combining fitness training with stress release in a single dynamic workout. The flowing sequences are carried out in conjunction with dynamic breathing creating a deep heat in the body which enables you to build up strength, flexibility, stamina, concentration and alertness. You are then left in a state of vibrant relaxation.

Book Information

Paperback: 256 pages

Publisher: Thorsons; First Edition edition (March 25, 1999)

Language: English

ISBN-10: 0722536577

ISBN-13: 978-0722536575

Product Dimensions: 7.7 x 0.7 x 8.2 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.4 out of 5 stars 11 customer reviews

Best Sellers Rank: #244,757 in Books (See Top 100 in Books) #44 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #630 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

Godfrey Devereux was the Yoga Director of The Life Centre in Kensington, London for 3 years. He now runs a Yoga Training Centre on the island of Ibiza.

I just purchased this book along with Power Yoga by B. Birch ... As good as Birch's book is, THIS one is better! The pictures are a good size and VERY clear, and the book provides a wonderful set of series at the end to accommodate various levels of competence and also to address those moments when there just isn't quite enough time to get in a complete series. I'm sure you'll love it.

Godfrey Devereux's book, Dynamic Yoga, was one of the first books that I ever bought when I first started studying yoga in the late 1990s. Along with Jivamukti Yoga, by Sharon Gannon and David Life, and Ashtanga Yoga As It Is by Matthew Sweeney, godfrey's book is one I keep coming back to over the years. In particular, his chapters on How Yoga Works and the techniques of yoga provide rich details to inform, enhance, and deepen your practice of postures, pranayama and meditation. His book is a true jewel among the glut of yoga books on the market.

This book takes you so much deeper into just "yoga." It explains the why, how and reasons behind why yoga is so beneficial for us. It's easy to understand even if some of the poses are impossible for me at the stage of my life that I am in. However, the breathwork is one of the most important aspects of yoga. Godfrey Devereux takes you through this step by step and gently guides you into deeper and more expansive poses. A must have for any yogi or yogini.

Classic. Should be in every yoga practitioner's library.

The positions are all very well explained with detailed diagrams showing transitions. There is some good background reading at the front and a selection of sequences at the back to give you a routine. I originally borrowed it from the library, loved it so much I had to get my own copy.

I first found this book in the library, and got a copy of it for a penny that was in better condition. My library keeps its books in excellent form, so I was very pleased to be able to have this copy. Now I can destroy it with my note-taking abilities and not worry about spending a fortune to replace it. >_

I am very critical of many yoga books out there, but this one won me over. If you are in search of a book to get you started with your home yoga practice, or want further explanation of what you are doing in class, get this book. You can actually use it beside you while you practice as the workouts are mapped out with tiny pictures and a pose number so you can easily get to the expanded reference page. I found Godfrey Devereux's writing on this art/science to be in depth without going into the esoteric. I also like how he placed an asana glossary at the end according to their Sanskrit name.

This yoga book spoke to me more clearly and directly than any other. There is an honesty and depth based on Godfrey's extensive experience. There is much more information in the text portion of the book than one might think for its size. Though Godfrey recommends his later books for their sensitivity over this one, I highly recommend it if you are exploring Ashtanga Vinyasa, power yoga, dynamic yoga, Anusara etc....

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