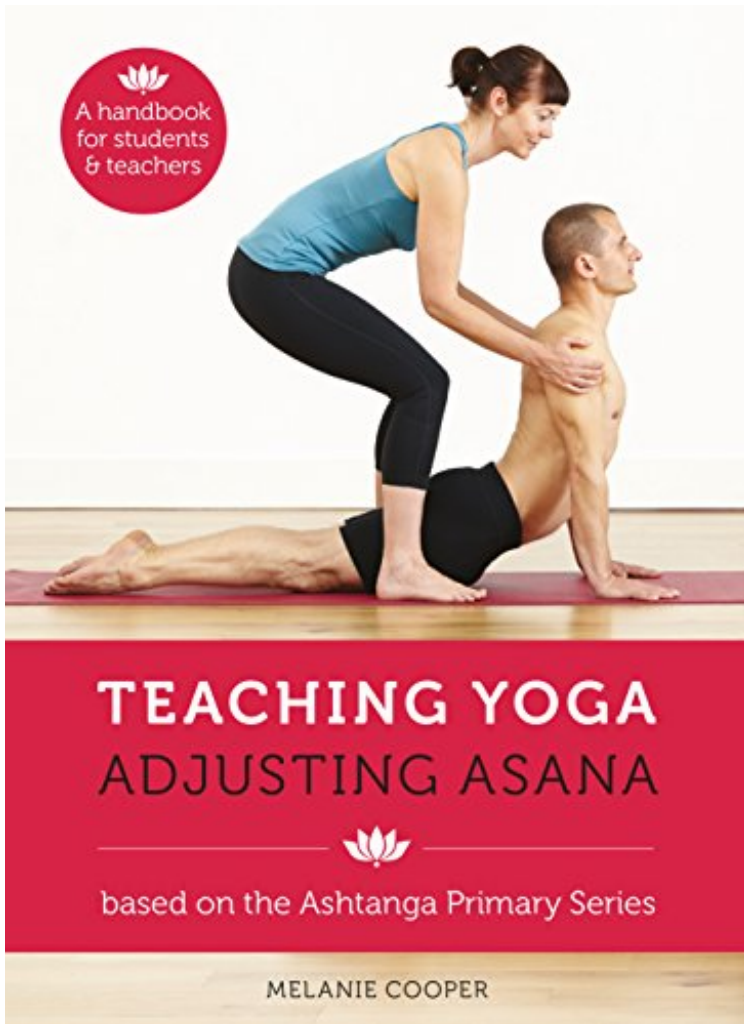


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practice to the next level. Presentation de l'auteur Leading yoga teacher trainer Melanie Cooper brings you the essential guide to teaching yoga and adjusting asana (yoga poses). The first part of the book explores the fundamentals of teaching in a simple, clear, accessible way. The author covers how to teach crucial concepts such as breath, muscle lock and gaze, as well as more general topics including injuries, ethics and the spiritual aspects of yoga. Part 1 also includes a quick-look guide to counting the Primary Series, and teaching points for each Primary Series posture. In the second part of the book the author demonstrates helpful techniques for deepening common yoga postures, and provides a complete guide to hands-on adjustment for the Ashtanga Primary Series. With a wealth of information, clear writing, and fresh, detailed photography, this is an invaluable resource for qualified yoga teachers, student teachers, and yoga students who want to take their practice to the next level.