

Basic Yoga

Postures & Series

FOR
DUMMIES[®]

**in a
day**

Georg Feuerstein, PhD
Larry Payne, PhD

***Basic Yoga
Postures & Series
In A Day***
FOR
DUMMIES®

**by Georg Feuerstein, PhD
and Larry Payne, PhD**



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Introduction

More than 15 million Americans practice Yoga of one kind or another, and many more millions of Yoga practitioners live in other parts of the world. Yoga isn't a fad. It has been around in the West for well over a hundred years and has a history of approximately five millennia. It's clearly here to stay.

Yoga has brought health and peace of mind to millions of people, and it can do the same for you. We encourage you to get to know Yoga with *Basic Yoga Postures & Series In A Day For Dummies* as your guide.

What You Can Do In A Day

The goal of *Basic Yoga Postures & Series In A Day For Dummies* is to introduce you to the basic postures, series, and breathing techniques of Yoga. If you know anything about Yoga, you probably know that it encompasses all aspects of life: mind, body, and spirit. Here, we focus exclusively on the fitness aspects and do so in small chunks. We give you sitting and standing postures, balance postures, the common sun salutation, and a routine for beginners. The beauty of this setup is that you can spend a few minutes focusing on breathing techniques or take more time to practice the postures.

To help you work your way through this book, we've set up a few conventions:

- ✔ In English, you customarily write *yoga* in lowercase letters. However, throughout this book, we write the word with an initial capital letter — *Yoga* — to emphasize that Yoga is a self-contained system or tradition, like Zen, Hinduism, or Buddhism. The adjective of Yoga is *yogic*.
- ✔ Yoga is made up of many branches. The focus of this book is on Hatha (pronounced *haht-ha*) Yoga, which works primarily with the body through postures, breathing exercises, and other similar techniques.
- ✔ We use the words *pose* and *posture* interchangeably, although we use *posture* in the names of specific postures.

A final note: For your safety, be sure to read all the instructions when getting ready to practice the exercises. Don't just glance at the illustrations and think you can leap right in. Although the illustrations are very helpful tools, they don't give you the whole story needed to practice safe and effective Yoga.

Foolish Assumptions

We've made some general assumptions about you, the reader. First, we assume that you're interested in reaping some benefits from practicing Yoga. Second, we assume that you don't have much (if any) experience with Yoga. Finally, we assume that you're curious and willing to find out more. If you fall into any of these categories, *Basic Yoga Postures & Series In A Day For Dummies* is for you!

Icons Used in This Book

Throughout this book, you may notice little pictures in the margins. You can use these icons as helpful pointers to information you don't want to miss. Following is a list of icons used in this book:



This icon points you toward helpful information that can make your yogic journey a little smoother.



Be sure to check out the information marked by this icon; it points out potential dangers you want to avoid.



The paragraphs sitting next to this baby are pretty noteworthy. You may want to jot them down somewhere or highlight them for later reference.



This icon encourages you to stop and practice the postures we describe in the chapters. Moving through the poses may take more or less than five minutes, and that's just fine. Just move through them at a pace that feels comfortable to you.



When you see this icon, head to this book's companion website at www.dummies.com/inaday/basicyogaposturesandseries. Online, you'll find more-detailed information about topics that we cover in the book.