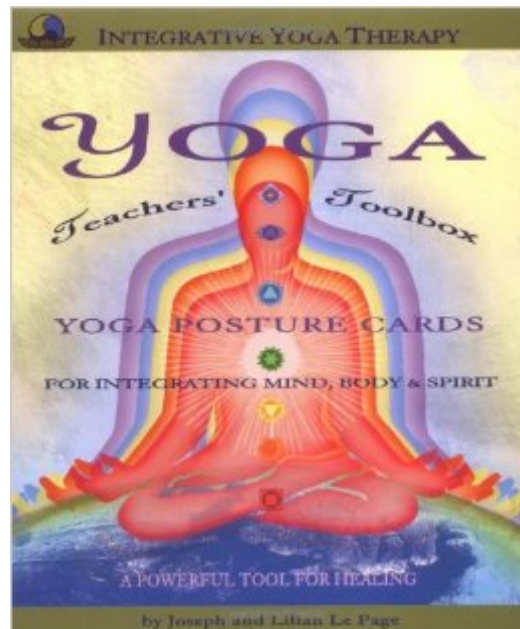


The book was found

# Yoga Teachers' Toolbox



## Synopsis

The Yoga Teachers' Toolbox contains 90 beautifully illustrated, laminated cards in a vinyl binder. These cards are designed to support your Yoga teaching and practice by showing how important elements of yoga physiology, psychology, and philosophy relate to the practice of the postures for healing and transformation. Among the tools you'll find inside: - Key poses organized into color-coded groups with complete instructions - Clear illustrations of the poses, with modifications and variations - A warm-up section laying the foundation for the postures - Clear descriptions and illustrations of Yoga physiology for each pose, including Koshas, Chakras, Prana Vayus, and Ayurveda - The main benefits and contraindications for each pose - Affirmations to integrate the essential qualities of the poses.

## Book Information

Ring-bound: 90 pages

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Product Dimensions: 12.1 x 9.4 x 4.7 inches

Shipping Weight: 2.8 pounds

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (100 customer reviews)

Best Sellers Rank: #11,910 in Books (See Top 100 in Books) #47 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #1453 inÂ Books > Textbooks

## Customer Reviews

I received my yoga teacher certification in '99 in Integrative Yoga Therapy with Joseph LePage. As part of our training, we are given a 300 page manual. While extremely comprehensive, it can be a bit daunting to use weekly in planning yoga classes. Joseph's Yoga Teachers' Toolbox is convenient, concise, yet thorough. Each "flashcard" explains which chakras are affected, how to teach the posture, excellent modifications with photos, and these flashcards are easily copied to be carried to class. I can't recommend this toolbox enough. No matter which teacher training you have completed, this will be an excellent resource for beginning and experienced teachers.

Great sequences. Perfect for using in class. Laminated clearly numbered pages, makes for easy reading as well as taking pages out , to take to class. As the pages are laminated and well laid out

they do not get damaged. I am studying with the BWY in the UK and have recommended this book to all my fellow students.

This is a great tool for teachers. The book is a three ring binder that holds removeable cards that can be used for your yoga lessons. Each card contains the posture, the chakras and the prana vayus (just to name a few) that pertains to the posture. Just a great learning tool and very useful!

This colorful, sturdy binder is one of the required "textbooks" for the teacher training program in which I'm enrolled, and I've found it to be a wonderful resource. Not only are a wide range of poses clearly depicted (including alternatives for each), they are also directly linked to the chakras, vayus, doshas, koshas, etc. This is really helpful in building a balanced practice. Poses are categorized by type (standing, backbends, inversions, etc.) and by chakra focus, and each is accompanied by detailed teaching points. I did notice some discrepancy in the asana names (both English and Sanskrit), but the illustrations help to clarify this. This really is a toolbox that I think will accompany me for many years.

Worth every penny. 2 sides of laminated page devoted to each of the most common positions, which include all the essential information you want with some extra thrown in-- very helpful directions for personal practice or for teaching (I've read every book on the market and I've picked up a number of very useful tips), benefits, chakras affected, alternative poses and modifications, warnings, etc. You see everything at a glance. I'm thrilled to have it as a teacher. It has not only increased my enjoyment of my personal practice, but has made me a better teacher. Worth every penny and far more. Only negative--binder is cheap. But I just replaced it. Pages themselves are indestructible.

I bought this book at the Symposium for Yoga Therapists in January. It has become an invaluable tool as a teacher to help plan classes and look for posture modifications. I would highly recommend this book not just to yoga teachers, but for students looking for a little extra.

One of the first books I purchased, once I knew I would undertake yoga teacher training. Easy to follow information, packed with colorful diagrams showing modifications and which chakra(s) is/are active. The text for each pose includes lots of detailed, well-written cues. English name, Sanskrit name with translation, Main pose, Modification postures (Simplified postures for injuries or specific conditions), Variation postures (More advanced postures and options), More detailed information on

Yoga and Ayurvedic doshas (also Doshas balanced at a glance), Chakra(s), Prana Vayus and elements activated at a glance, Langhana and Brahmana (heating/cooling), Category (warm-ups, standing, stabilization, hip openers, twists, back bends, lateral bends, forward bends, balance and inversions). If you are interested in yoga or are considering teaching yoga, this book offers a wealth of information in a very flexible, practical format. Each page can be removed making it easier to plan a sequence. The author also provides a lot of great suggestions on how to use the book. Well over 82 poses, since there are many advanced options/modifications shown as well. This seems to cover the asana spectrum pretty well, and you will love this book, but you may be wishing that it contained more. I would recommend this book!

Great tool for yoga teachers to instruct students into basic yoga poses. Majority of the book is on the basic yoga poses. The binder is heavy and the pages are laminated cards, so if you have a specific pose you want, you can carry the card with you rather than the whole book.

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