



The Complete Guide to Yoga Inversions: Learn How to Invert, Float, and Fly with Inversions and Arm Balances

Jen DeCurtins

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Turn your yoga routine on its head!

Designed to take you from a beginner to an advanced yoga student, this helpful guide will help you to progress from downward dog to even the more intricate of handstand poses.

Improve focus and ability as you tone your upper body and core. *The Complete Guide to Yoga Inversions* is the ultimate collection of the most common arm balance poses and yoga inversions that are found in a variety of styles of yoga including ashtanga, bikram, power, hatha and more.

Challenge yourself with XX arm balances and yoga poses with detailed step-by-step instructions from fitness and yoga instructor Jennifer DeCurtins. Each pose includes a helpful photo along with modifications and progressions. Learn to do pivotal, foundational poses such headstand, handstand and crow.

The Complete Guide to Yoga Inversions is the perfect guide to improve your ability.

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Date : Published November 1st 2015 by Fair Winds Press (first published October 1st 2015)

ISBN : 9781592336944

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Format : Paperback 160 pages

Genre :

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Nicole says

Great book to read on advanced asana inversions. Especially helpful if you are a teacher. Several of these poses I have not seen demonstrated before, so it was great to read about them and take notes.

Cloay says

- available in SG NLB 613.7046 (SK,

Mary says

This is more of a visual encyclopedia of fun yoga poses or “human tricks” than a “how-to” guide. Sure, there are step-by-step instructions for each pose, but a lot of the instructions are similar if not exactly the the same from pose to pose, and these are fairly basic instructions. If you are somewhat familiar with and/or are working towards a certain pose, you won’t find anything new here. What I do like are the gateway poses that show the build into more complicated poses. And of course, I love that there are colored photos of each pose.

Aisling says

I picked this up to build on my own advanced asana practice as well as to learn some tips for teaching inversions and balances in a vinyasa flow style class. The images are extremely clear and though the paragraphs are perhaps over-descriptive, they advise a safe and progressive system for getting into some very tricky poses.

The thing I enjoyed most about this was the focus on modifications and building up a practice; the book doesn't expect someone to automatically hop into a handstand, but lets practitioners grow and develop with tips, tricks and hints for advancement when the time is right.

On the whole I was really pleased with this- it's a lovely addition to my yoga book collection, it's easy to comprehend and it's one of the only safety-led, positive and non-instagram guides to inversions I've read.
