



2,100 Asanas: The Complete Yoga Poses

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NEW YORK TIMES BESTSELLER

The most complete collection of yoga asanas ever photographed, and the first-ever to categorize an astonishing 2,100 yoga poses. This beautifully designed book is a must-have for yogis of all levels and every practice.

2,100 Asanas is an unprecedented, meticulously crafted catalog of yoga poses and modifications. It is also a gorgeous work of art, showcasing the beauty and athleticism of the human form. Each photograph features an expert yogi performing the pose to perfection. The aesthetic is clean and modern. The book is organized into eight major types of poses-standing, seated, core, quadruped, backbends, inversions, prone, and supine-and further broken down by families of poses that progress from easiest to more challenging. Every pose is accompanied by the name of the pose in English and Sanskrit, a description of the modification, the Drishti point (eye gaze), the chakras affected and its benefits.

Daniel Lacerda (Mr. Yoga) is a long-time yoga practitioner, teacher and entrepreneur who has helped thousands of people, including TV celebrities and Olympic athletes learn to practice yoga for fitness and relaxation. He serves as an ambassador for Lululemon and Nike, and has been featured in Men's Health. His company, Mr. Yoga Inc. is a global brand. He lives in Toronto, Canada.

2,100 Asanas: The Complete Yoga Poses Details

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Dawn says

This is not a book for everyone, especially not a beginner.

Here is what I liked about the book I enjoyed the common names with the Sanskrit name along with different variations and/or modifications for the pose and the dristhti point. I also enjoyed the summaries at the beginning especially the benefits and cautions for conditions.

What I did not like about the book was the fact I purchased it on kindle, the search function sucks and flipping through is not convenient and the pictures and the text are not in alignment. While the pictures are quite lovely they are all women and they pictures are small. The second issue I did not like is some of the names some of them seem wrong like Prasarita Hasta Parshva Konasana..Prasarita means wide stance, Hasta means stretch, Parshva is this a word? Parsva means side or plank and konasana means angle pose..my point here is little things like this I found really confusing. The next issue is the lack of information about the contradictions for each post. I would not recommend this book for beginners I would suggest using yoga journal and this was you have a good picture instructions and transition poses.

While I would say this is a fun library book I think better choices in my opinion are Yoga: The Iyengar Way while it is an older book I think it is a one of the best for understanding a pose. For beautiful pictures on how a pose should look Yoga

Justin says

I received this book, for free, in exchange for an honest review.

I am a beginning Yoga practitioner. This book didn't have enough information for me. However, based on my experience with teaching books in general, I think this should be an excellent book for more experienced yoga practitioners.

The book is intended to be a reference book. It is well organized and contains the 2100 poses referred to in the title. It was hard for me to imagine 2100 poses, but it's much more poses than I imagined. My guess is that this contains most every pose a beginner/intermediate practitioner could want. In general, these poses don't get much of description (there's about a paragraph worth of text for most poses). I found the lack of description to be a major souring point, but more experienced users may not need so much hand holding

Jennifer says

This book is a great addition to anyone's library. It caters to yogis of all different levels within their practices. I like how the pose names are broken down because I've had yoga teachers say the names of the poses so quickly that you barely have time to process what they're actually saying! The pictures are great because it

shows what your favourite poses are actually supposed to look like, and will help anyone further their practice. I never thought there were more than a few hundred yoga poses, to have 2,100 in one publication is a fantastic and beautiful collection to admire!

Beth says

This book is helpful as a yoga teacher when planning fun and new sequences. However, it would be nice to have more instruction on how to get in the poses. Also most of these seem more like modifications of poses as opposed to 2,100 "unique" poses. I would have liked to see more variation/diversity in the people posing for the pictures, too.

Karen says

Not so much

Valeria Goncharova says

This book is amazing and a must have for all yogis and non yogis alike! It has the biggest collection of yoga poses that will keep your practice fun and full of variation. Comprehensive, educational and simply beautiful, this book is tailored to all levels of yogis from beginners to more advanced students. Dan is a fantastic mentor and yoga instructor, and a true master of his art. I am truly delighted to have been part of this project and to have had a chance to work with such an awesome and dedicated team. And being a regular student of his classes, I have learned far beyond any other class that I attended. Who knew yoga has such a huge variation of asanas! Who knew 2100 poses can be all brought together in one beautiful work of art! Starting from today, my goal as a yogini is to "hopefully" master them all!

Jessi says

I really liked the beginning of this book, the overview of the history of yoga was very readable and held my interest. I think even beginners would be able to follow it. The pictures were great and having variations on the poses was fabulous. I wish there had been more "regular" folks pictured and not so many yogis. Also would have liked more explanation of how to get into poses but overall a very good book.

Sarah says

Some of these poses are truly terrifying.

Chris Worthy says

This book's subtitle is "The Complete Yoga Poses." That pretty much sums it up. It is astounding in its size and in the range of movements included. From someone who needs more like 21 asanas, rather than 2,100, I can't imagine ever needing a pose that can't be found in this book.

Christie says

Great resource.

lou. says

Beginners won't find this crystal clear: yoga isn't a self-taught practice. But it can be useful for improvers and more experienced practitioners.

(as for the 'Mr Yoga'... it makes me laugh. a lot. just saying)

Èlia Viader says

Great one!

Stacy Lu says

Poses are beautifully pictured and explained, and include modifications. Intro on eight limbs of yoga is concise and well written. Above all - if you want to get creative with your practice, you'll love this. Truly encyclopedic.

Alice says

Beautiful book! A great intro/history to Yoga and the people within the book look good doing the poses. However there isn't enough description as to how you should get into the pose, which muscles you should tense, where you're reaching etc. I would prefer a bit more info as to muscle flow i.e. this muscle is tensing and moving here. Most of it is really self explanatory but some stuff is kind of hard to see. I'm not a beginner but I just want to make sure I'm doing my best and tensing/stretching/working the right muscles. I think I might keep this book and add my own notes after looking stuff up on the internet. It does include which drishti points you are working on when doing a certain pose but I need a bit more like where should my eyes be? Where should I focus my movement? Where should my weight be shifting? There are some explanations

of benefits/risks of specific yoga poses at the start of the book but not on every pose (so make sure you know what you are doing before trying something new). But then again beginners can use this book because there are a lot of easy poses in here (easy,med, and advanced). If there were more descriptions it would be a perfect 5/5 book.

Jan says

Meh. The pictures are pretty but they are very small. And it really is not for people who are yoga purists. There are a lot of things that are just made up as far as I tell. And that's cool but not my thing. I was expecting more instruction. This is more like a yoga coffee table book. If you like the more inventive side of yoga, this might be just right for you.
