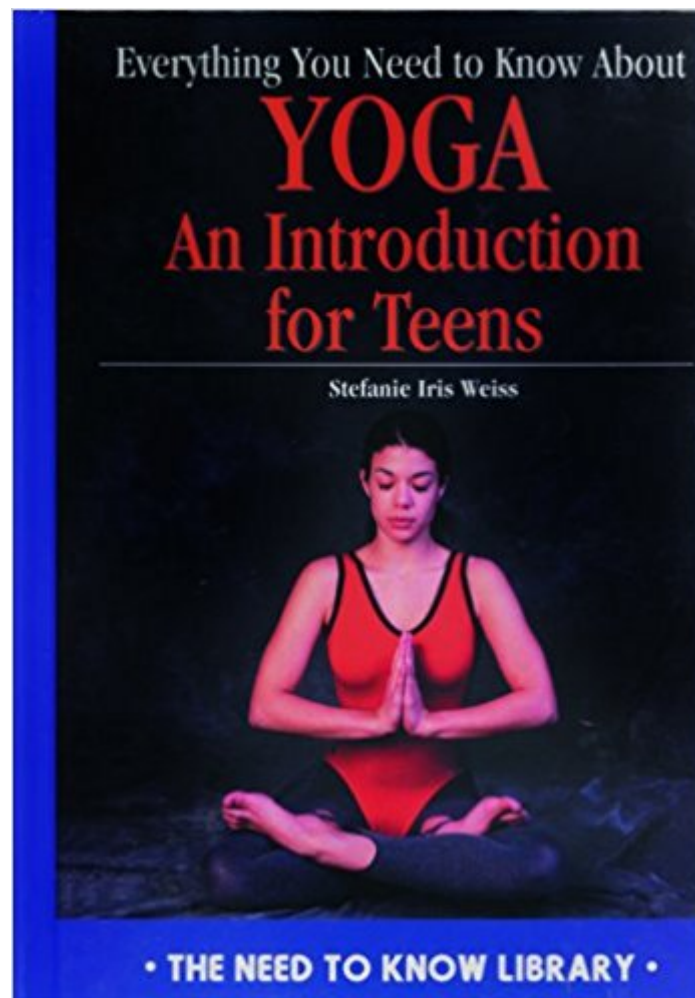




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Everything You Need To Know About Yoga: An Introduction For Teens (Need To Know Library)



Synopsis

Book by Weiss, Stefanie Iris

Book Information

Series: Need to Know Library

Library Binding: 64 pages

Publisher: Rosen Publishing Group (January 1999)

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Average Customer Review: 3.0 out of 5 stars 1 customer review

Best Sellers Rank: #4,885,328 in Books (See Top 100 in Books) #98 in [Books > Teens >](#)

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Customer Reviews

Gr 7 Up-Beginning with a brief introduction to basic philosophy, Weiss then discusses breathing, meditation, and the yoga postures. One chapter is devoted to the ways in which yoga can be used to alleviate physical discomforts such as headaches or asthma. Readers who associate the discipline with difficult twists and balancing poses may be surprised to find that this book includes only one short chapter on postures or asanas, explaining a few of the easier ones in detail. A photo depicts a young man or woman demonstrating each completed pose. Using a simple, conversational style, the author emphasizes the spiritual side of yoga, showing how it can help teens cope with stress, improve their health, and find inner peace in a hectic world. Color and black-and-white photographs of multiethnic teens contribute to the appeal. Intended for beginners, this book may serve as a starting point for those who want to begin their own practice or who are simply curious. The list of resources, including books, magazines, Web sites, videos, and music, will be useful to report writers as well as to those who want to make yoga a serious part of their lives.-Dawn Amsberry, formerly at Oakland Public Library, CA Copyright 2000 Cahners Business Information, Inc.

The Yoga for teens book is truly not for beginners. It gives very general descriptions for the moves.

If you would like to concentrate on the history of yoga, and breathing excersises, this book is for you. Its a good idea to buy this book if you buy a tape as well.

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