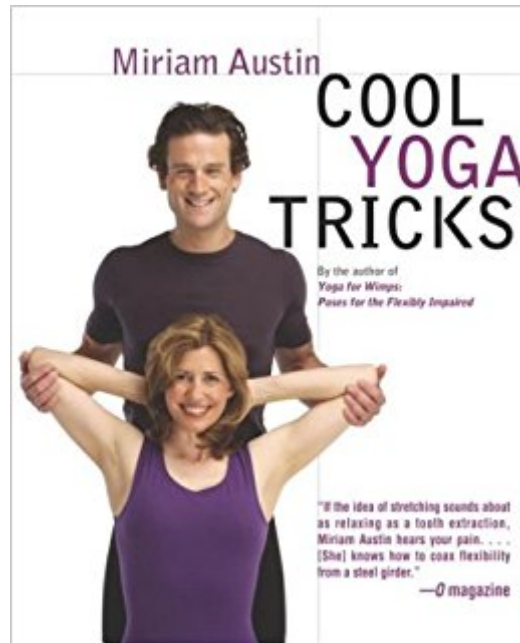




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Cool Yoga Tricks



Synopsis

Craving yoga's benefits but unable to perform even the simplest postures? Think yoga is only for rubber-limbed supermodels? If your yoga practice is giving you more stress than stress relief, *Cool Yoga Tricks* is the answer to your prayers. Although it seems like everyone from Madonna to your eighty-three-year-old Uncle Teddy is practicing yoga, most of us are unable to do even the simplest classic yoga poses without undue stress and strain. Now in this clear, understandable, easy-to-follow book, Miriam Austin offers alternative yoga routines that help you reap the greatest rewards from your yoga practice, and she reveals shortcuts to help you perform yoga like a pro. Using everyday items, such as chairs, walls, and blankets, Miriam Austin shows how those of us with normal flexibility limitations can experience the very real benefits of yoga "without dislocating our joints, overstretching our muscles, or giving up in frustration. She makes the basics simple, doable, and down-to-earth. Dog Tricks "lengthen your spine more fully with these Downward Facing Dog tricks, designed to relax your neck, shoulders, and back "and make your Dog Pose much more lovable. Befriending Backbends "increase your pretzability with a little help from your friends "and from some garden-variety folding chairs. Tweaking Your Twists "learn the techniques that will stretch your spine and give you more life energy. Super Stretches "feel as limber as your average bowling ball? Gently coax your muscles to new lengths by practicing the routines in this chapter.

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Customer Reviews

This delightful book by the author of *Yoga for Wimps* (2000) is chock-full of practical techniques to

help the average person safely perform yoga poses. Austin has studied Iyengar yoga for several years, a style of yoga that often uses props such as blocks, blankets, chairs, and walls to deepen the experience of classic poses. In this book Austin shows both new and experienced practitioners how to use yoga props and provides partner exercises to improve the performance of poses. Clear explanations and numerous photos demonstrate how to make poses easier or more challenging. Having survived various injuries, some caused by overaggressive teachers, Austin seeks to make yoga fun and safe. She encourages the reader to trust the wisdom of the body. Her enthusiasm is infectious--it's almost impossible to read the book without getting up and trying some of her "cool tricks." Jane TumaCopyright © American Library Association. All rights reserved

â œlf the idea of stretching sounds about as relaxing as a tooth extraction, Miriam Austin hears your pain. . . . [She] knows how to coax flexibility from a steel girder.â •â "O magazine

I've had this book as an electronic book for a long time and bought a paper copy recently. I wish the author would do an update or a follow up book. I live in a rural community with not many opportunities for Alignment based or Iyengar inspired yoga. For a beginner or a more advanced practitioner this book would help. I sometimes teach some of my friends yoga at my house and if we have time, I will add a couple of the super stretches from this book. Don't be mistaken, there are more super stretches out there, but the ones in this book are a great start. I think if you've never done some of these tricks you will be amazed at how it brings your practice to the next level.

Love it. Clearly written , well illustrated with photographs. Great addition to my yoga teaching and especially useful for new yoga instructors.

This yoga book is amazing! I own many yoga books, and they all have hints on how to begin particular yoga poses. However, this book has all those hints, and so many more. I especially love the fact that these "tricks" are all accompanied by large detailed photographs. Unfortunately, one thing though that this wonderful yoga book and all the yoga books I own fail to include is the fact that trigger-point therapy can relax and release muscles, making it much easier to stretch them after pressing on a trigger point with a blunt object, like a lacrosse ball. "The Trigger Point Therapy Workbook" is a book that helped show me how to release my hamstrings, psoas, and piriformis muscles so that I could rapidly advance in my yoga stretches.

Good book to buy if you been teaching awhile and have got set in your ways of explaining things. A bit of a twist, a new way of looking at things. Will help you re word what you are doing to help your students.

This is a great book to increase your understanding through knowledge and corrections for yoga postures you already know. Therefore, this books assumes your familiarity with yoga already. You might be studying it for a while or teaching it. This book, then, can help you in two ways: 1) To correct your posture by changing body alignment and/or increasing flexibility by utilization of assisted partner help or yoga props, 2) To help a student achieve correct or better posture by utilization of assisted partner help and/or yoga props. I will refer to this book in both aspects greatly.

This book is totally cool, delightful and delicious, just like yoga! I initially bought this book for my 23 year old daughter, thinking she could relate to the title. I quickly saw that the "tricks", clearly illustrated by people of different ages, various body types and backgrounds, are techniques for safely deepening our yoga practice. The author, Miriam Austin, credits her most influential teachers, including Ramanand Patel, who is well known for his ingenious use of yoga props. I'm adding this title to my list of recommended books for older students and their teachers! Suza Francina, author, The New Yoga for People Over 50 and Yoga and the Wisdom of Menopause.

Do you consider yourself "flexibly challenged"? Are you a yoga instructor who needs ideas on how to modify poses for your students? If you fall into either category, this is THE book for you. Miriam Austin, author of "Yoga For Wimps" and "Meditation For Wimps", has put together a brilliant book that can assist even the stiffest person achieve postures that they never thought possible. Using props that you can find around your own home (chairs, blankets, etc.), Austin demonstrates many different ways to employ these 'tricks' to enhance your practice and master classic yoga postures. There are over 200 different methods revealed in this book - with precise directions and clear pictures. It is obvious that Austin is inspired by the yoga master, BKS Iyengar, who originated the use of props. Many of these ideas may not be 'new' - but they really do work! This book is extremely valuable for yoga instructors - in classes, you will come across many people with many different limitations. It can be frustrating for a student if they think that they can't do a pose. With these 'cool yoga tricks' at your disposal, you can help them assume the pose in a way that is not only best for their body type but safe as well. It will truly enhance your skills and your students will appreciate you for it!

This book is great on alterations and preparatory poses for those of us that aren't bendy enough to start right off the bat with the regular poses. There are great ideas on inexpensive aids to help ease your way into yoga. For example, how to use a tie if you can't reach your toes, or how a folding chair can help with downward facing dog.

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