



# Total Yoga: A Step-By-Step Guide to Yoga at Home for Everybody

By Tara Fraser

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**Total Yoga: A Step-By-Step Guide to Yoga at Home for Everybody** By Tara Fraser

This is simply the perfect introduction to yoga! Complete with more than 200 photos—plus special boxes that explain how to adapt the classic moves so they're easier to perform—it breaks down every asana, or posture, and reflects the most important developments in the form. The poses range from a simple standing forward bend to a plough and shoulder stand, and specific sequences are laid out in detail, including one for early morning energizing. There's inspirational coverage of yoga's traditional physiological, philosophical, and spiritual context, as well as information on different styles, finding a teacher, working with a partner, and learning to meditate. Whatever your level or age, this is the path to inner calm and a stronger, more flexible body.

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### Editorial Review

#### Review

"A great mini bible for those in the first years of practising yoga."

--*The Times*

#### About the Author

Tara Fraser took her first yoga classes alongside her mother at the age of six. Tara is the founder and director of Yoga Junction in north London where she trains teachers and leads workshops and classes. She is a Diploma Course Tutor for the British Wheel of Yoga and is a member of their education committee. A regular contributor to the magazine Yoga and Health, she is the author of many books on Yoga, including 3 for DBP.

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