

THE YOGA HANDBOOK

TABLE OF CONTENTS

PREFACE	5	Part Seven: CHART FOR TIGHT/WEAK AREAS	143	Osteoporosis	201
Part One:				Postpartum	201
YOGA FOUNDATIONS	7	Part Eight:		Pregnancy	202
History and Philosophy	7	Q & A	145	Part Thirteen:	
Ethics of a Yogi	11	Questions and Answers for Teaching	145	MEN'S ISSUES	205
Yoga in America	12	Questions and Answers for Home Practice	150	Anger Management	205
				Emotions	205
Part Two:		Part Nine:		Flexibility vs. Strength	206
SETTING UP	15	SEQUENCING A CLASS OR PRACTICE	155	Injuries, Athletes, and Recovery	207
For Home Practice or Classroom Instruction	15	The Art of Sequencing	155	Prostate Health	207
Self Set-Up	19	Themes	156	Sexuality	207
For Teachers	21	Sequencing	156		
		Counterposes	156	Part Fourteen:	
Part Three:		Templates - Allowing for a Natural Flow	157	SPIRITUALITY	209
PRANAYAMA AND MEDITATION	23			Devotional Practices	210
Four Primary Breathing Practices	24	Part Ten:		Tapping into Isvara-Pranidhana/Devotion	211
Four Primary Meditation Practices	28	AILMENT AND INJURY CHART	177		
		How to Address All walks of Life	177	Part Fifteen:	
Part Four:		Over 120 Physical Ailments	178	THE BUSINESS OF YOGA	213
ASANA	33			Bookkeeping Strategies	213
Asana Application	33	Part Eleven:		The How To's	214
The Breath in an Asana	34	LIFESTYLE GUIDELINES	193	Insurance / Liability	217
Props - Offering Support for Physical and Emotional Release	35	Living a Pure Life:		Marketing	218
Variations - Tapping into Your Creativity	36	Daily Practice	193	Religion vs. Yoga	219
The 70 Basics	37	Food and Other Ingested Substances	194	Templates of Sample Sign-In Forms	220
Gallery of Asana, Modifications, Variations	39	Sleep	195	Templates of Sample Tax Forms	223
		Emotions	195		
Part Five:		Consumerism	196	Epilogue:	
INSTRUCTIONS FOR TEACHERS	123	SEVA	196	GRACE IN EVERY MOMENT	225
Verbal Instructions	125			Tips for Teaching	225
Visual Adjustments	128	Part Twelve:		Contact Information	227
Eye Drishti	129	WOMEN'S ISSUES	197		
Manual Adjustments	130	Honoring the Rhythms of the Womb:		Appendix One:	
Partner Adjustments	131	Cysts - Ovarian or Uterine	198	YOGA RESOURCES	229
		Eating Disorders	198		
Part Six:		Emotions	198	Appendix Two:	
BODY READING & BASIC ANATOMY	133	Fertility	199	RECOMMENDED READING	231
Know Your Anatomy	133	Hormones	199		
Skeleton Chart	137	Hysterectomy	199	Appendix Three:	
Muscle Man Chart	138	Mastectomy, Breast Surgeries	199	SANSKRIT GLOSSARY	235
Reading Energy in Students' Bodies	140	Menopause	200		
		Menstruation	200		