



My Yoga Guru

By Dory Walker

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, My Yoga Guru, Dory Walker, My Yoga Guru provides the reader with the ultimate in practical instruction by combining the benefits of a fully-illustrated book with a free instructional app. The book provides core illustrated theory and step-by-step guides to yoga positions and exercises. All the exercises are heavily illustrated, making it easy for you to follow along at home, and the book provides in-depth instruction that takes you from the basics through to the more advanced poses. The book is structured to give core theory and explain the history of yoga, include instructions on the basic, beginner, intermediate and advanced positions, and help with designing your own sessions. The My Guru application uniquely enhances the yoga learning experience by giving you a free application that is downloadable onto your iPhone or iPad via the App Store. This allows you to take your Guru with you and get instruction wherever you choose to exercise. Its versatility allows you to design sessions that will suit your level of ability while making it easy to track your exercise history and monitor key aspects of your health.



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