



# The Beginner's Guide to Yoga

*Howard Kent*

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## **The Beginner's Guide to Yoga** Howard Kent

This attractive book's title notwithstanding, *The Beginner's Guide to Yoga* can also be used profitably by intermediate practitioners and by those seeking a brush-up yoga course after being away from it for a lengthy period. The author presents illustrated instructions on achieving *asanas* (positions), and provides charts to help readers measure their progress on a week-by-week basis. He also gives guidelines for making adjustments in diet and lifestyle, which are necessary for the successful practice of yoga. Central to this book is a description of the full range of *asanas*, starting with positions for the beginner and progressing through intermediate to advanced stages. The author also discusses meditation, stressing that yoga without meditation is not really yoga. His final chapters touch on the philosophy of yoga in daily life and yoga's ultimate purpose, which is to lead its practitioner toward transcendence and unity with the cosmic consciousness. More than 150 color photos.

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