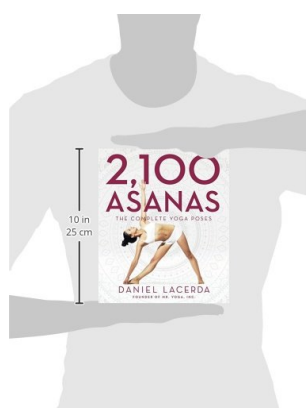


# [PDF] 2,100 Asanas: The Complete Yoga Poses

Daniel Lacerda - pdf download free book

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#### **Books Details:**

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Author: Daniel Lacerda

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#### **Description:**

**NEW YORK TIMES BESTSELLER**

**The most complete collection of yoga asanas ever photographed, and the first-ever to categorize an astonishing 2,100 yoga poses. This beautifully designed book is a must-have for yogis of all levels and every practice.**

*2,100 Asanas* is an unprecedented, meticulously crafted catalog of yoga poses and modifications. It is also a gorgeous work of art, showcasing the beauty and athleticism of the human form. Each photograph features an expert yogi performing the pose to perfection. The aesthetic is clean and modern. The book is organized into eight major types of poses-standing, seated, core, quadruped, backbends, inversions, prone, and supine-and further broken down by families of poses that progress from easiest to more challenging. Every pose is accompanied by the name of the pose in English and Sanskrit, a description of the modification, the Drishti point (eye gaze), the chakras affected and its benefits.

**Daniel Lacerda** (Mr. Yoga) is a long-time yoga practitioner, teacher and entrepreneur who has helped thousands of people, including TV celebrities and Olympic athletes learn to practice yoga for fitness and relaxation. He serves as an ambassador for Lululemon and Nike, and has been featured in Men's Health. His company, Mr. Yoga Inc. is a global brand. He lives in Toronto, Canada.

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