



2,100 Asanas: The Complete Yoga Poses

By Daniel Lacerda

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2,100 Asanas: The Complete Yoga Poses By Daniel Lacerda

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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Editorial Review

Review

"This beautiful book will have anyone falling in love with the practice. (It also makes a fantastic addition to any coffee table.)"?***Yahoo! Health***

About the Author

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