



Moving Toward Balance: 8 Weeks of Yoga with Rodney Yee

Rodney Yee , Michal Venera (Photographer) , Nina Zolotow

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Internationally renowned yoga instructor Rodney Yee is the instructor of more than 26 best-selling yoga videos. In *Moving toward Balance*, he outlines an eight-week program of yoga postures, meditation, and breath awareness designed to lead us toward the emotional and physical balance we all crave in life. Each week introduces a new category of poses--forward bends, twists, backbends, inversions shown with variations to accommodate different levels of strength and flexibility. Along with the instruction, the text explains the significance of each pose and how it contributes on physiological and psychological levels to a complete sense of balance.

At the core of *Moving toward Balance* is its emphasis on a home practice, enabling you to focus on what works best for your own body. Suitable for yoga students of any level, each lesson is illustrated with full-color photography and is laid out in sequential order, so there is no need to flip back and forth to follow along. There are also chapters on customizing your basic practice to address specific concerns such as lower back pain or PMS, as well as ideas to help keep your newfound practice thriving. Filled with years of Rodney's teaching expertise and more than 300 photographs, *Moving toward Balance* is the link that you've been searching for between the classroom and the home.

Moving Toward Balance: 8 Weeks of Yoga with Rodney Yee Details

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From Reader Review Moving Toward Balance: 8 Weeks of Yoga with Rodney Yee for online ebook

Angie says

really good book if you want to design a yoga practise at home

amanda says

Very good introduction to starting a home yoga practice. I wouldn't recommend it to those just trying yoga for the first time as it is hard to learn the nuances of alignment without an instructor. It's great as a supplement to classes or after taking a few classes to learn the basics.

Les Mangis says

Great book for learning and remembering yoga positions. It's taken me longer then 8 weeks to do the program due to my schedule but I've really enjoyed it.

Amy says

Great instruction of how to get started in yoga. Beautiful pictures and helpful description. I had to look elsewhere for its history and purpose.

Alexandra says

I got this because I thought I lost my other Yoga book on my move to the US. I wanted to have simple pictures, simple explanations to look up asanas and read about their effect. You would not think how hard it is to find a book like that. The bonus is the 8-week program that I might do one day but currently 2-3 times a week is enough for me.

Carolyn says

A beautiful book reflective of the spiritual nature of yoga rather than the fitness-only aspects typically emphasized by beginning yoga resources. Pictures are very easy and minimalistic to use for reference, and anatomical guidance is provided to ensure the reader is practicing the pose correctly. Includes variations for people of various skill levels and emphasizes the importance of a longer yoga practice, which again is frustratingly absent from most get-fit-quick-appropriate-culture beginner's resources. It also includes variations for use during menstruation, which feels very inclusive and is another element typically

disregarded by many Western yoga guides. Super super super.

Cindy Heaton says

I personally loved this book. I had never really done much Iyengar yoga and always enjoyed a more flowing practice, but found that I really liked the practices and how they built on each other. I learned things about the poses and my body that were certainly limiting my practice. With the help of this book I am now able to get into camel pose, something that I had only done once before in two years of on and off yoga. This book has shown me the proper poses for preparation and counter poses for many asanas and has helped bring and understanding to the poses and how they work together that I never had before.

I liked that each pose was given 3 variations to find out which is most comfortable for your level. I also enjoyed the "Point of Play" for the poses so you can find your comfort zone in each or maybe where you need work.

The only reason why I didn't give it 5 stars is because I think it might be very difficult to learn yoga solely from a book. I would recommend this book for anyone who has had a few classes or done a few instructional yoga dvd's that would help with good alignment and form. That way you can check yourself and it will help you to understand some of the descriptions used for each pose and the correct way to get into a pose or help with the flow of a sun salutation.

I have scanned and printed many of the practices in this book and take them on vacation with me because I have enjoyed them so much. I will certainly be going through this book again and again in my home practice.

Jennifer says

Excellent break down of developing a personal yoga practice.

Katherine says

I recommend this book for folks who have some experience with yoga, but would like to add a personal practice at home to their daily lives.

I have taken yoga classes for years. I have had many teachers, some well educated, some just starting out. I have practiced at home on a fairly regular basis for years as well. This book took everything to the next level. I can't stop talking about it. Moving Toward Balance is meant to be a supplement to your regular practice. This is something you can do every day, on your own, for about an hour a day. It is divided into sections by week. Each week has a theme, such as twists. The first day of the week includes in-depth descriptions of each pose and walks you through different variations. Then each following day puts the poses together into a daily practice, always concluding with relaxation and meditation. The last day of the week focuses only on relaxation and meditation. And you get one day off!

When I first got the book, my schedule allowed me to do yoga every day. I was amazed at how quickly I gained strength all over my body. The descriptions were teaching me things about each pose that I had never

learned before. I could do some of the poses, but not all, and the book guided me through getting closer and closer to the full pose.

There are even weeks in which I learned to do HANDSTANDS. And I could really do the supported pose! I have been feeling great about the accomplishments I have made and the new things I have tried.

As my life got more busy in the following weeks, I could only get to "my yoga" maybe every other day. This has not been a problem. I am almost done with the entire book now (about 12 weeks total) and plan to start at the beginning as soon as I am done. I am so much stronger and more flexible and more confident than I was at the beginning of the program, so I want to start over and gain even more knowledge with my new abilities!

Why this book is better than any video or class (except for one-on-one progressive classes)

I can take this book with me anywhere. I don't need a TV. I can do my practice at a soccer game or in the woods. I can take it to a friend's house.

It builds on itself. Soemthing you learn in week one will be used in week two. By the end, the routines put together everything you have learned and shows you how to create your own routine. Most classes in my area are drop in, which means that they are at a level i.e. intermediate and stay at that level with out progressing. You will never try a headstand and you will never have an easy restorative practice if your only class is intermediate. This book takes you from wherever you are and brings you up.

I can stop anytime and not worry about pausing. I can start the practice, go start the rice cooker, go back to practice. My kids can interrupt me between poses and it doesn't bother me because there is not video to stop. I can take a rest and drink some water. I can answer the phone. There is no need to pause or try to catch up.

I can take as long as I want in each pose. Sometimes I really need a longer stretch to fully feel the pose. Sometimes my abs are sore from pilates and I can only hold a pose for half the recommended time. With the book, I can truly do my own practice with guidance instead of rushing to keep up with an instructor. I can actually really do what the instructors always want: I can FOLLOW MY OWN BREATH!

I can cut out poses that hurt. I have an acute knee injury and I have easily been able to work around it by avoiding poses that exacerbate the pain. No big deal.

The book includes routines for menstruating women and for restorative poses during illness, so you can keep on going even if you aren't feeling so great. This is good for me, because sometimes if something falls out my daily routine, it is lost forever!

*** props you need ***

If you are going to do this whole book you are going to need some props: a block, a strap (or a belt or towel), some blankets that can be neatly folded, a bolster (I got a great one from YogaAccessories here on Amazon for about \$35), and a mat.

Good luck. I would love to hear about your experience with this book!

Valerie Sherman says

I love Rodney Yee's yoga videos, and I loved this book. I rented it from the library, but I think it's worth buying, as the routines are pretty useful. But I don't think I'll ever be able to do a head-stand, Rodney!

Rukshana says

Good book to help guide a home yoga practice. It doesn't provide as much instruction on each pose as would be necessary for a beginning student, so this book would need to be read alongside Iyengar's Light on Yoga, or another solid instructional book. The book is beautiful, fun to look through and read, and provides a wealth of home practices for Iyengar students in a flow-yoga dominated world!

Emma says

I am not really "done" with this book, and it is taking me far longer than 8 weeks, but I can write my review now! This is a fantastic, easy to follow, detailed and inspiring guide to building a home yoga practice. Rodney Yee takes you through 8 weeks (or more if you are me!) of yoga practice to learn poses, gain strength and flexibility and fall in love with yoga. Then he has a section for building your own practice using the poses that you have learned. I would not recommend it for someone who has never taken yoga, but for someone who goes to class and wants to be able to "do that at home" without watching the same DVD a hundred times.

Hannah O'Reilly says

A beautiful book chock full of information. This book is an extensive introduction to learning the basics and intricacies of yoga poses. Rodney Yee takes you through sequences to try at home that build on each other over a period of 8 weeks. A great resource for learning more about poses and building a home practice that feels good and makes sense.

Alicia says

One of the best--if not the best--intro to yoga out there.

Starlight says

So - if you haven't ever done yoga, or are just getting started and want to start a home practice, or want a leg up on some poses, this book is for you.

After a few years of yoga, I'm looking for the more intricate twist and balance poses, and most of these I'm

pretty familiar with, so I found the book a quick skim through and not really what I thought I was getting. That being said, I am working up to headstands because of it.

It works you through all variations of a pose, with or without props and is incredibly thorough of the topics that it covers, I just think for how giant the book is, it should have covered more.

You will walk away from this book with a great guide to your daily basic practice.
