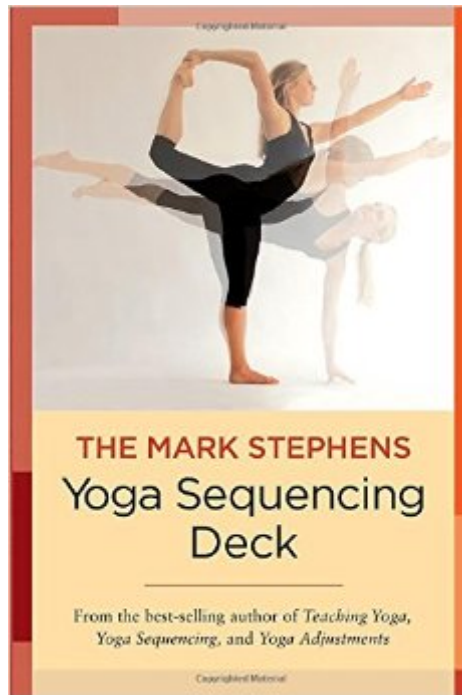


The book was found

The Mark Stephens Yoga Sequencing Deck



Synopsis

Based on Stephens' best-selling Yoga Sequencing, this deck is the perfect companion or standalone for creative yoga students and teachers. The Mark Stephens Yoga Sequencing Deck empowers yoga students and teachers to be their creative best in designing yoga classes. With a 92-page booklet covering the principles of sequencing yoga classes and providing clear guidance on arranging postures in the most effective ways, the deck includes 100 yoga flash cards color-coded by pose family (Standing, Core, Arm Support, Back Bends, Seated Twists, Forward Bends & Hip Openers, Inversions, and Savasana). The cards feature clear color photos of postures with the corresponding English and Sanskrit names on side one and detailed information on how to put postures together in sequences that work for unique students and special class intentions on side two. The perfect companion to Yoga Sequencing or for use on its own, this deck is a hands-on way for readers to gain knowledge and skills for planning and designing yoga classes. The booklet and cards come packaged in a box approximately 4 inches wide, 6 inches tall, and 2 inches thick—perfect for easy storage and travel.

Book Information

Cards: 52 pages

Publisher: North Atlantic Books; Box Crds/P edition (August 23, 2016)

Language: English

ISBN-10: 1623170613

ISBN-13: 978-1623170615

Product Dimensions: 4.7 x 2.1 x 6.6 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #11,133 in Books (See Top 100 in Books) #32 in Books > Politics & Social Sciences > Philosophy > Consciousness & Thought #36 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #124 in Books > Education & Teaching > Schools & Teaching > Education Theory

Customer Reviews

This is the perfect companion to Mark Stephens Yoga Sequencing book. The cards are beautifully designed. They have a picture of the posture and its English/Sanskrit name on one side plus details about how the posture fits together with other postures on the reverse side. Highly recommended for yoga teachers, teacher training, and students who like to work with designing their own classes!

This new deck is really beautiful! Pictures are bright, large, and color coded! I hate practicing with my glasses on or contacts in and with this, I won't have to do either and can still teach a class!! They also seem very durable/well made. So excited to use these!!!

Perfect for creating new flows for classes. I had 'writer's block' and these cards helped me create dozens of new flows. Thank you!

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The Mark Stephens Yoga Sequencing Deck Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Deck Designs, All New 4th Edition: Great Design Ideas from Top Deck Builders (Home Improvement) Deck Ideas You Can Use: Creative Deck Designs for Every Home & Yard Black & Decker The Complete Guide to Decks, Updated 5th Edition: Plan & Build Your Dream Deck Includes Complete Deck Plans (Black & Decker Complete Guide) Deck Designs, 3rd Edition: Great Design Ideas from Top Deck Designers (Home Improvement) Deck Ideas You Can Use - Updated Edition: Stunning Designs & Fantastic Features for Your Dream Deck Giant Rider-Waite Tarot Deck: Complete 78-Card Deck Brain Quest: 1500 Questions & Answers to Challenge the Mind: 7th Grade: Ages 12-13: Deck One & Deck Two Stephens' Visual Basic Programming 24-Hour Trainer The Lady in the Lake (BBC Radio Full Cast Drama starring Toby Stephens) I Hope You Dance: Book & CD (Book & CD Written by Mark D. Sander and Tia Sillers) & (CD: Lee Ann Womack: Produced by Mark Wright and Randy Scruggs, Published by MCA Music Publishing) - 2000 Edition Mark of the Thief (Mark of the Thief #1) Yoga Chants: Deepen Your Yoga Practice with Authentic Sanskrit Chant Pre-natal Yoga: Yoga Class and Guide Book. Yoga Pretzels (Yoga Cards) Sleepy Little Yoga: A Toddler's Sleepy Book of Yoga Little Yoga: A Toddler's First Book of Yoga Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management

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