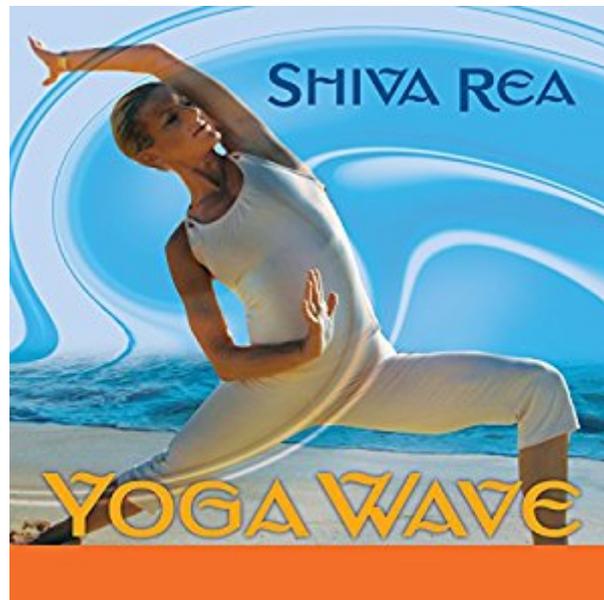


The book was found

Yoga Wave: A Vinyasa Practice



Synopsis

"Wave motion is the movement of life," teaches yogini Shiva Rea. In *Yoga Wave*, one of modern yoga's world-renowned instructors invites you to turn your yoga practice into a communion with the fundamental cyclical principle that nourishes the evolution of all life. With progressions that combine the physical (solar) practices for strength and flexibility with the meditative (lunar) practices for balance and energy flow, she gives you all the tools you need to build and expand your home practice to enhance your vitality, fluidity, and creative energy.

Book Information

Audible Audio Edition

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Customer Reviews

My comments focus on the Lunar disc. I've not yet attempted the Solar disk** because of the focus on arm balances, but will tackle it on a strong day with modifications. As a general note, this CD set experienced birthing pains, with the Lunar disc contained a flaw. To their credit, Sounds True and Shiva & Co. demonstrated excellent customer service in replacing all Lunar discs with the corrected version in a timely manner. I am still mildly annoyed that the solar disc is blue, and the lunar disc is orange, but that's my problem to overcome. So be forewarned, if you are considering purchasing this, make sure you receive a corrected set. It comes with a booklet explaining Shiva's intentions to bring the ocean to our practice, and the importance of fluidity to our lives and bodies. There are brief, adequate printed instructions and photos of her demonstrating asana in the sand, at times with the surf running over her. Music for Lunar is hypnotic with watery tones - tinkling, raindrops, ocean surf; for Solar it is a bit stronger, with light background chants at times, perhaps to help you "lighten" in the pose, and some unobtrusive percussion in the tough parts. Shiva's instruction is clearly in the

foreground throughout. During Lunar Wave Progressions, observant yogis will experience a true ocean wave - forward flowing (lunging, pigeon), ebbing (half splits, child's pose), and cresting (Anahatanasana, up dog or cobra). Breakdown, 60 minutes total: 1 - Prana Wave warmup, arms sweeping up and down with the breath, progressing to spinal wave, to mat on all fours for cat's breath. Ohms chanted on exhale.

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