



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

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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.

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