



# Yoga At Home: Inspiration for Creating Your Own Home Practice

*Linda Sparrowe*

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## **Yoga At Home: Inspiration for Creating Your Own Home Practice** Linda Sparrowe

The definitive guide to creating your own home yoga practice from the leading experts of *Yoga Journal*. Although yoga studios continue to proliferate, students are increasingly looking to enhance their studio experience with a personal home practice. Yoga at Home not only provides all the ingredients necessary, but this accessible how-to book also offers a visual feast of pose sequences and routines by top instructors and practitioners as photographed in their own homes.

This accessible, photo-intensive, practice-oriented book provides everything needed to enrich a home yoga practice, including how to put together a well-rounded practice, how to expand on or vary that practice, and how-to-sequences of poses and practices to follow at home. Along with exercises and advice from famous yoga teachers and practitioners such as Seane Corn, Rodney Yee, David Life and Sharon Gannon, Shiva Rea, and Elena Brower, the book features never-before-seen pose sequences showing these teachers practicing their favorite yoga poses in their homes and exploring the ways in which they use their personal spaces to complement their yoga routines. The practical tips, sequencing ideas, and inspiration found in the teachings of yoga—both ancient and contemporary—will resonate with both students and teachers at every level of practice.

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