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student who  
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undertook the  
serious study of  
Yoga was  
prepared to  
devote a minimum  
of several years  
to the learning  
of the major  
Yoga exercises  
(asanas) and an  
unknown period



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perfecting of  
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movements over a  
period of 28

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very good  
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The book  
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published in  
1969. It does  
make occasional  
references to a  
1960's woman's  
lifestyle which  
are a bit  
outdated.

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However the  
practice plan  
and the yoga  
poses (asanas)  
themselves  
remain timeless.

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structured and

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well illustrated  
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day plan for 28  
days from simple  
to moderately  
complex yoga  
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instructor. Very  
little  
information on  
Pranayama.

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However, for an absolute beginner, 28 days of yoga in a row may be a bit tiring and if you are not very flexible to begin with you

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may find some of these difficult to do. Having said that, this book is very informative and gives you many gentle exercises to start you off with.

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is the learning

section which

carries us

through the main

yoga poses,

starting with

easy steps and

slowly

introducing us

to the full

poses over 28

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days. The final pages of the book show a three-day routine that we can use as shown or we can intermix the poses in our own desired format into the future.

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you through the

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postures with

his style of

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to begin a

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take some part  
of holy Peter's  
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this day is  
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TV series 'Yoga

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Cheryl and Lynn

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