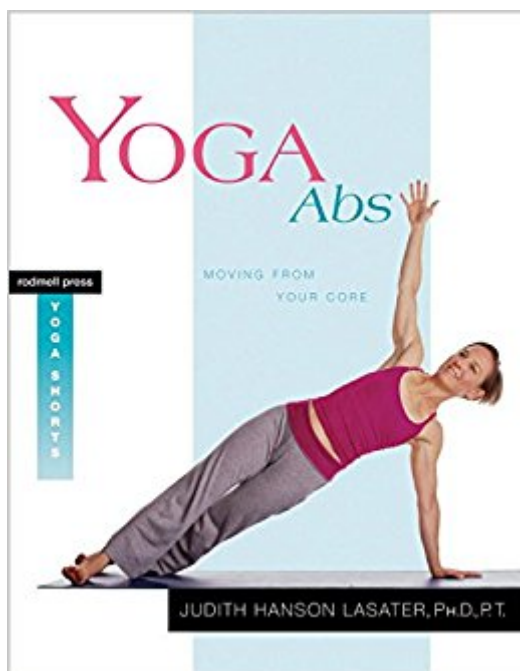


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# Yoga Abs: Moving From Your Core



## Synopsis

Drawing on her experience as a yoga teacher and physical therapist, author Judith Lasater presents an innovative and easy-to-follow program of exercises, asana, and breathing practices. They will help you to:

- understand the meaning of abdomen and belly
- learn the anatomy and kinesiology of the abdomen
- develop and maintain abdominal strength
- honor your gut feeling

In addition, she has created a special section called "Everyday Abs," where you will experiment with moving mindfully through your activities, such as driving, cooking, sweeping the floor, and more.

## Book Information

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## Customer Reviews

Judith Lasater has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Dr. Lasater is the president of the California Yoga Teachers Association and serves on the advisory boards of Yoga Journal and the Yoga Research and Education Center. Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra at the Iyengar Yoga Institute of San Francisco. In addition, she leads workshops and retreats throughout the United States and abroad. Dr. Lasater writes extensively about yoga. Her feature articles, columns, and essays appear in numerous books, magazines, and anthologies. She is the

author of *Relax and Renew: Restful Yoga for Stressful Times*, the first book devoted to the supported yoga poses and breathing techniques called restorative yoga. Judith Lasater lives in the San Francisco Bay Area with her husband and three children.

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Very informative and offering specific instruction for the poses which would be helpful for someone practicing on their own and for instructors teaching in class settings.

excellent

I have been teaching yoga for a while now and love reading any books by Ms. Lasater. I always get something new from them to take to my classes.

I think it is really basic and might be useful for yoga beginners. It is just not something I am looking for.

Good, but not great -- and from experience, I know it is easy to cheat abdominal work during yoga. This is a nice, soothing explanation of core work. However, I would want a bit more explanation. Yoga abdominal work is only half of the issue. You need a mid-body, front and back, work out in yoga to balance the musculature and create that lovely flat tummy. I didn't see much of that here. However, Ms. Lasater definitely knows her stuff and definitely knows her audience. Good book overall.

I usually enjoy Lasater's books. My teacher training required us to have one of them, and I found it useful, this book to me was a waste of a perfectly good gift certificate. There was no new information, it reiterated all of the information I already knew, and I found it did not actually hold that many asanas, ie: stand tall and raise your leg out in front of you to strengthen the psoas - kind of like padangusthasana, but honestly - I already knew this - and several other modifications of poses. I guess I just had high hopes of more complex series. This is a book best for the layperson with little knowledge of anatomy and yoga who needs help to figure some things out.

Judith is always so good at being very clear with descriptions. I am a huge fan of hers. This book is very good for beginners. If you are looking for a really good workout for your abs this is not the book.

I found this book to be inspiring. It gave me permission to have a soft feminine tummy, and still be strong. I love the exercises that are geared toward strength while giving care for the back. Judith knows a lot about the human body and she explains that it is OK to have a round soft tummy. It's not natural for us to have to be flat or have abs of steel. After doing the exercises I can feel my core getting stronger. I love this book!

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