



# Yoga Adjustments: Philosophy, Principles, and Techniques

By Mark Stephens

Download now

Read Online ➔

## Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens

The quintessential guide to yoga assisting and hands-on teaching, *Yoga Adjustments* introduces the art and practice of providing yoga assists to yoga students. Addressing one of the most important topics in the yoga field, expert yoga instructor and best-selling author Mark Stephens covers the philosophy of yoga practice, the sensibilities of touch in teaching yoga and improving alignment, the seven principles of hands-on yoga teaching, and the twenty-five most effective methods of tactile cueing. An invaluable resource for all yoga teachers, teacher trainers, and serious yoga students, this book includes a foreword by yoga star Shiva Rea as well as over 850 unique instructional photos and explanatory captions demonstrating precise ways of guiding a variety of flowing sequences.

Opening with an in-depth discussion of the philosophy of yoga assisting, Part I--*Foundations* describes the methods and techniques of giving yoga assistance, with detailed discussions of all of the elements of yoga assisting including communicating with students, qualities of touch, the five basic steps of providing hands-on cues, hands-on positioning and stance.

Part II--*Applications* demonstrates how to assist students in each of over 100 postures in the seven families of *asanas* (poses). Each chapter begins with background on an asana family and close consideration of its foundation asana. Each asana is presented in a two-page spread with photos that show how to give students effective guidance and support. Part III--*Evolution* offers thoughts on the further development of yoga in the twenty-first century.

↓ [Download Yoga Adjustments: Philosophy, Principles, and Tech ...pdf](#)

📖 [Read Online Yoga Adjustments: Philosophy, Principles, and Te ...pdf](#)



# Yoga Adjustments: Philosophy, Principles, and Techniques

By Mark Stephens

## Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens

The quintessential guide to yoga assisting and hands-on teaching, *Yoga Adjustments* introduces the art and practice of providing yoga assists to yoga students. Addressing one of the most important topics in the yoga field, expert yoga instructor and best-selling author Mark Stephens covers the philosophy of yoga practice, the sensibilities of touch in teaching yoga and improving alignment, the seven principles of hands-on yoga teaching, and the twenty-five most effective methods of tactile cueing. An invaluable resource for all yoga teachers, teacher trainers, and serious yoga students, this book includes a foreword by yoga star Shiva Rea as well as over 850 unique instructional photos and explanatory captions demonstrating precise ways of guiding a variety of flowing sequences.

Opening with an in-depth discussion of the philosophy of yoga assisting, Part I--*Foundations* describes the methods and techniques of giving yoga assistance, with detailed discussions of all of the elements of yoga assisting including communicating with students, qualities of touch, the five basic steps of providing hands-on cues, hands-on positioning and stance.

Part II--*Applications* demonstrates how to assist students in each of over 100 postures in the seven families of *asanas* (poses). Each chapter begins with background on an asana family and close consideration of its foundation asana. Each asana is presented in a two-page spread with photos that show how to give students effective guidance and support. Part III--*Evolution* offers thoughts on the further development of yoga in the twenty-first century.

## Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens Bibliography

- Sales Rank: #13575 in Books
- Brand: North Atlantic Books
- Published on: 2014-06-03
- Released on: 2014-06-03
- Original language: English
- Number of items: 1
- Dimensions: 9.97" h x .98" w x 8.00" l, 1.32 pounds
- Binding: Paperback
- 416 pages

 [Download Yoga Adjustments: Philosophy, Principles, and Tech ...pdf](#)

 [Read Online Yoga Adjustments: Philosophy, Principles, and Te ...pdf](#)



## Download and Read Free Online Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens

---

### Editorial Review

#### Review

#### Praise for Yoga Adjustments:

"*Yoga Adjustments* shows how to thoughtfully consider adjustments as more than manual manipulation. It's a sensible guide to the best use of verbal cues, hands-on cues, and pose demonstration... Drawing on almost a quarter century of practice, including time spent studying vinyasa, Iyengar, and Ashtanga styles, [Stephens] synthesizes hard-earned wisdom within this book." —*Yoga Journal*

"Mark Stephens has presented us with an invaluable guidebook, not only for the yoga teacher, but for the student as well... *Yoga Adjustments* is an important addition to everyone's yoga library." —*Creations Magazine*

"Whether you're in training to be a teacher, just starting your teaching career, or a veteran with many years of experience, Mark Stephens' *Yoga Adjustments* will prove to be an invaluable resource. As with all his work, this book is written with intelligence, insight, and integrity."

—Richard Rosen, director of teacher training at Piedmont Yoga and author of *Original Yoga*

"I'm very excited about Mark Stephens' new book, which offers an invaluable service to the yoga community—teachers, aspiring teachers, and yoga students. As yoga's popularity grows, we need our yoga teachers to mature as well, and Mark has given them a superb guidebook for making smart, safe, clear asana adjustments that further our understanding and deepen our experience of yoga. In this way, the benefits of Mark's expertise extend beyond the yoga community by demonstrating how healthy environments can be created in which anybody can practice yoga with confidence."

—Cyndi Lee, founder of NYC's Om Yoga and author of *May I Be Happy* and *Yoga Body, Buddha Mind*

"This book is an important contribution to the ongoing evolution of yoga teaching and practice. Hands-on adjustments provide a quick and amazing two-way communication stream between teacher and student. Used with or without verbal cues, they can bypass most abstract theory and induce good alignment to reveal how a pose might feel when balanced, open, flowing, and free. Conversely, adjustments can be mechanical and even manipulative, seductive, and harmful. Because of this powerful potential in both ways, we all need to look intelligently at their mechanics, purposes, and ethics. Stephens' *Yoga Adjustments* is a wonderfully detailed resource for our investigation."

—Richard Freeman, director of The Yoga Workshop and author of *The Mirror of Yoga*

"As someone who is regularly called upon to treat yoga students injured by ill-informed teachers, I can confidently say that Mark Stephens has done our community a wonderful service with his newest work, *Yoga Adjustments*. Along with *Teaching Yoga* and *Yoga Sequencing*, this book forms a trilogy of essential works for every yoga teacher who strives to be more sensitive, safe, and effective in their teaching."

—Leslie Kaminoff, founder of The Breathing Project, NYC, and coauthor of *Yoga Anatomy*

"Another monumental and much-needed work to guide yoga teachers in making safe and effective hands-on adjustments with their students. Once again Mark Stephens raises the bar and accelerates the evolutionary path of modern yoga. This book is an invaluable reference for today's and future teachers."

—Ganga White, founder and codirector of White Lotus Foundation and author of *Yoga Beyond Belief*

"Just as a good massage feels great and is healing, and a bad massage can be annoying, even painful and unpleasant, so it goes with hands-on assists in yoga. May this book encourage healing touch! Thank you, Mark, for making this information so accessible and clear!"

—Erich Schiffmann, founder of Freedom Style Yoga and author of *Yoga: The Spirit and Practice of Moving Into Stillness*

"I love that Mark Stephens has covered not just the biomechanics of hands-on assists and the spectrum from technical support to subtle energetic direction, but also the internal dynamics and ethics that the power of touch brings up in people of all walks of life. Mark offers practical insights, including the many dimensions of respecting a person's process, injuries, and tweaks, and the important boundaries that are necessary for entering this territory that is often like being a 'midwife of the embodied experience.' Mark brings understanding to the somatic power of touch and the role of hands-on assists in the unfolding of yoga. This is a book that will surely be serving teachers for a long time."

—Shiva Rea, founder of Prana Flow®–Energetic Vinyasa and author of *Tending the Heart Fire*

"We generally think of touch as from one person to another. In this book, Stephens reminds us that we must first be 'in touch' with ourselves and with our own yoga practice before adjusting another person's pose. Overall, the book focuses on practical application of adjustments, based on fundamental elements of an ethical personal practice. On asanas, Stephens states that the teacher should understand 'their benefits, risks, contraindications, preparatory asanas, alignment principals, energetic actions, common challenges, modifications, use of props.' Quite thorough, the step-by-step examples are threaded throughout with groundwork in both Western and yoga philosophy. It is a pleasure to read."

—Lisa Walford, curriculum director of Yoga Works Teacher Training and senior certified Iyengar Yoga teacher

"Finally, the book I have been waiting for—a clear and thorough guide to hands-on assisting in yoga. Mark Stephens takes us from the guiding principles of touch, observation of students, and establishing intention for touching, through to specific verbal cues and hands-on instruction to support those cues. For teachers, he offers stances to safely ground ourselves while adjusting a student along with terminology for clarifying the various ways of touching for maximum effectiveness. Additionally, Mark provides clear guidance on how not to touch. All of this culminates in a comprehensive index of poses with verbal cues and clear photographs explaining the various options for hands-on assistance to provide greater alignment in the asanas. Never before have we teachers and students had such a concise guide available to us."

—Marion (Mugs) McConnell, founder of South Okanagan Yoga Academy, British Columbia

"A must-read for any yoga teacher looking to expand and deepen not only their knowledge of adjustments, but also of teaching asana as well. The level of detail and knowledge presented here is phenomenal."

—Chris Courtney, yoga teacher and editor-at-large of *Elephant Journal*

#### About the Author

The author of the best-selling *Teaching Yoga: Essential Foundations and Techniques* and *Yoga Sequencing: Designing Transformative Yoga Classes*, MARK STEPHENS has practiced yoga for twenty-two years and

has taught yoga full-time for seventeen years. The founder of Yoga Inside Foundation, L.A. Yoga Center, and Santa Cruz Yoga, Stephens has trained over 1,200 yoga teachers. At Yoga Inside Foundation, he trained and supported yoga teachers in over 300 alternative settings across the U.S. and Canada, receiving *Yoga Journal's* first Annual Karma Yoga Award in 2000 for this work.

## **Users Review**

### **From reader reviews:**

#### **Donna Sedillo:**

Throughout other case, little persons like to read book Yoga Adjustments: Philosophy, Principles, and Techniques. You can choose the best book if you like reading a book. Given that we know about how is important any book Yoga Adjustments: Philosophy, Principles, and Techniques. You can add expertise and of course you can around the world with a book. Absolutely right, since from book you can understand everything! From your country until eventually foreign or abroad you can be known. About simple factor until wonderful thing you could know that. In this era, we can open a book or perhaps searching by internet system. It is called e-book. You can use it when you feel bored to go to the library. Let's go through.

#### **Terry Dansby:**

The book untitled Yoga Adjustments: Philosophy, Principles, and Techniques contain a lot of information on that. The writer explains the girl idea with easy approach. The language is very clear to see all the people, so do not really worry, you can easy to read the idea. The book was written by famous author. The author provides you in the new period of literary works. It is possible to read this book because you can keep reading your smart phone, or device, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site and order it. Have a nice learn.

#### **Jill Goulet:**

Beside that Yoga Adjustments: Philosophy, Principles, and Techniques in your phone, it could possibly give you a way to get nearer to the new knowledge or facts. The information and the knowledge you may got here is fresh through the oven so don't possibly be worry if you feel like an old people live in narrow town. It is good thing to have Yoga Adjustments: Philosophy, Principles, and Techniques because this book offers for your requirements readable information. Do you occasionally have book but you do not get what it's interesting features of. Oh come on, that wil happen if you have this inside your hand. The Enjoyable arrangement here cannot be questionable, including treasuring beautiful island. Techniques you still want to miss this? Find this book along with read it from right now!

#### **Linda Soto:**

Publication is one of source of know-how. We can add our information from it. Not only for students but additionally native or citizen need book to know the up-date information of year for you to year. As we know those books have many advantages. Beside most of us add our knowledge, could also bring us to around the world. With the book Yoga Adjustments: Philosophy, Principles, and Techniques we can take more

advantage. Don't someone to be creative people? To become creative person must love to read a book. Merely choose the best book that suited with your aim. Don't possibly be doubt to change your life at this time book Yoga Adjustments: Philosophy, Principles, and Techniques. You can more pleasing than now.

**Download and Read Online Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens #6AQVCKW3J7D**



# **Read Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens for online ebook**

Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens books to read online.

## **Online Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens ebook PDF download**

### **Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens Doc**

**Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens Mobipocket**

**Yoga Adjustments: Philosophy, Principles, and Techniques By Mark Stephens EPub**