

Yoga Basics Plus



**A Complete
Beginner's
Guide To
Yoga**



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Introduction

As we march into this bright new millennium, we're constantly reminded of the fusion of east and west. Whether it's through satellite television programming that beams in productions from different cultures, enjoying books and music from distant lands that, only a generation or two ago, couldn't be accessed, and – of course – communicating with people across time and space through the Internet and other telecommunications advancements, the world has become a much smaller place. Indeed, when Marshall McLuan coined the term *Global Village*, even *he* probably didn't envision so much, so fast, so soon.

Riding the wave of information that now crisscrosses our tiny planet is something that has its roots in ancient history, yet is experiencing a blossoming in the west that continues to gain momentum with each passing year. Whether it's at a local YMCA or a lush spiritual retreat in the Everglades, **Yoga** is establishing itself as a mainstay in western culture; indeed, in *global* culture.

However, many people are reluctant to experience the physical, emotional, and psychological health benefits of yoga; and there is really only one major reason for this: **misinformation**.

While many people might truly enjoy yoga and find it to be the *side-effect free* answer to a lot of their emotional and physical ailments, they just don't know enough about the subject to take that first step.

Furthermore, a stereotype out there that seems to persist despite evidence to the contrary is that yoga is a *religious* following; and that to experience its many health benefits somehow obliges one to renounce their faith or, worse, run away to some commune and eat tofu in between chanting sessions.