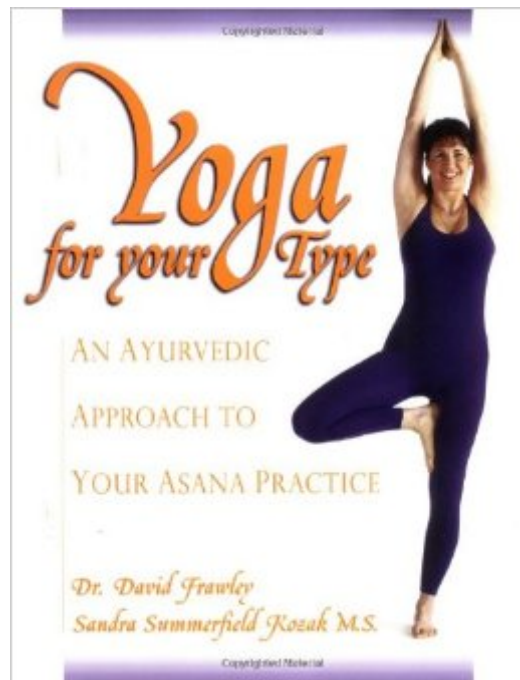


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# Yoga For Your Type: An Ayurvedic Approach To Your Asana Practice



## Synopsis

This is the first book that details how to choose Yoga asanas most appropriate for your unique body type according to the five thousand year old system of Ayurvedic medicine.

## Book Information

Paperback: 275 pages

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #263,524 in Books (See Top 100 in Books) #78 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #806 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

First, I highly recommend the companion volume "Yoga & Ayurveda". I bought both books together and got far more benefit from "Yoga & Ayurveda". I wish I had saved my money and not bought "Yoga for Your Type".

Decent things about "Yoga for Your Type":

1. The programmes for instant dosha balance (for example instant vata reducing etc.) are inspiring - even if impossible for normal people
2. Decent intro to basic ayurvedic concepts for beginners or yoga students who know nothing about ayurveda

Flaws & Shortcomings:

1. The illustrations are all advanced yogis with perfect bodies achieving perfection. I loved Bikram's book for showing asanas done by REAL people. Fat people, skinny people, old people, young people, etc. Although "Yoga for Your Type" illustrates "modifications" for beginners, even the modifications are done by yogis with perfect bodies. Practicing at home in a mirror I have no idea how the asana will look on "me". All this perfection is daunting. The average yogi will never look as good as the pictures in this book and you may hurt yourself trying.
2. Too advanced for realistic at-home practice. This book might be a good guide for professional yoga teachers, but even amongst the "level 1" programmes were many poses I will never achieve even if I practice for the next 50 years. And I am an intermediate yogi - not a beginner!
3. "Yoga for Your Type" ignores its own premise. For example I would like to see an old skinny person with stiff joints doing the vata programme. Why not show a fat person doing the

kapha programme? The models and pictures are beautiful but have little to offer "real" people with all our imperfections.

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