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Nita Patel, author of Get Started: Yoga, has been practicing yoga since the age of five and has taught yoga in East London since 1995. She was inspired by the unwavering dedication of B. K. S. Iyengar when she met and worked with him in Pune, India, and has practiced yoga with Shri K. Pattabhi Jois in Mysore.

Get Started: Yoga | DK CA

Begin to balance your body and mind with Get Started Yoga: The Basics, part of a new series from DK. This easy-to-follow, structured learning guide allows you to start simple and learn the basics of yoga, build on what you've learned, and then take your yoga poses to another level.

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Nita Patel (Author of A Little Course in Yoga) - Goodreads

Nita Patel is the author of A Little Course in Yoga (4.00 avg rating, 23 ratings, 3 reviews, published 2013). Get Started (3.86 avg rating, 21 ratings, 4

How to Get into Yoga | REI Expert Advice

How to Get Started with Yoga It's paradoxical to call something literally thousands of years old a modern fitness phenomenon, but yoga has ascended to that very status. If you're intrigued enough to try it, but are unsure of where to begin, we can help.

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With 25 step-by-step yoga poses and seven yoga sequences, plus extensive advice on breathing practice, relaxation, meditation, and lifestyle, Get Started: Yoga is the only yoga guide you'll ever need.

Get Started: Yoga | IndieBound.org

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in East London since 1995. She was inspired by the unwavering dedication of B. K. S. Iyengar when she met and worked with him in Pune, India, and has practiced yoga with Shri K. Pattabhi Jois in Mysore.

[How to Start Yoga: A Beginners Guide - SoMuchYoga.com](#)

Hatha is the best place to start if you know absolutely zilch about yoga. It's slow moving so you can easily follow along, and it puts a lot of emphasis on proper alignment to prevent injuries.