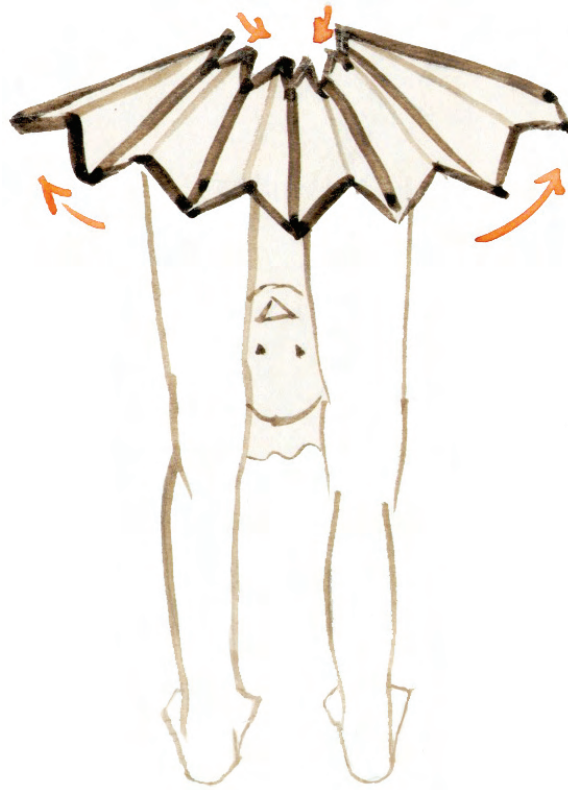


See how yoga feels



Visualisations to help the practice of yoga  
by Su Sareen

## VISUALISATIONS TO HELP THE PRACTICE OF YOGA

The experience of practising yoga is an internal one. It's about your relationship with your own body, developing an awareness that goes way beyond the practice itself. So this book concentrates on the inner experience and uses the fact that simply by imagining things about your body, you can make them really happen. This is true for all styles of yoga and for beginners right through to advanced students and teachers.

This book is a practical guide. The aim is to help you with useful visualisations that can actually support you in the postures. It can be used by anyone who practises yoga, alongside other books and classes to help deepen understanding and enrich your practice.

Yoga should be an enjoyable experience.  
I hope using this book will be enjoyable too.

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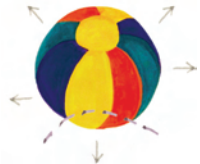
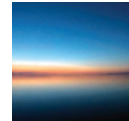
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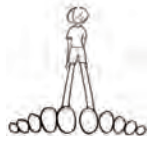


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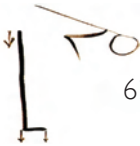
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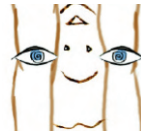
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## TEACHERS WHO MADE A DIFFERENCE

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### VANDA SCARAVELLI

I was lucky enough to meet Vanda in 1991. I won't begin to try to explain her work here, but if you haven't already, do read her book "Awakening the Spine". She showed us that yoga really could and should be pleasurable. To work with the body, never against it. That being soft doesn't mean being lazy. To listen more. That our spines really can dance to the breath if we pay attention and so much more.

### JOHN STIRK

John has been my primary teacher since 1987. It's through him I met both Vanda Scaravelli and Sandra Sabatini and I often hear his voice in my head when I practise. I owe him a great deal. Many of his ideas appear in one shape or another throughout this book - though I have to stress that I take responsibility for exactly what is said here and how!

John Stirk is a gifted teacher. He is known for his knowledge of anatomy as he is also a respected osteopath, which tends to make his teaching detailed and anatomically specific. His teaching goes deeper than most and changes constantly, sometimes working with utter softness and at other times really challenging inner strength. Long may this fascinating journey continue! He has published two books: 'Soft Exercise: The Complete Book of Stretching' and 'Structural Fitness'.

### SANDRA SABATINI

Sandra is an inspirational teacher. She worked closely with Vanda for 17 years and has gone on to share and develop Vanda's ideas in a unique way. I have mostly worked with Sandra over longer periods - typically workshops, where she gently brings her students to stillness and clarity. With Sandra, the breath and the postures are completely inseparable. Her first book is called 'Breath, the Essence of Yoga' and her latest (co-authored) book is entitled: Autumn, Winter, Spring, Summer; Yoga Through The Seasons.

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