

YOGA – WEBSITES

NOTES – read before looking at websites

Many postures have different English and Sanskrit names for the same posture.

There are thousands of yoga postures and countless variations.

All postures have injury risks if not done properly or if not modified for your current ability level.

Some postures should be avoided by people with certain conditions.

WEBSITES

www.abc-of-yoga.com

This site has over 40 fully animated postures including an animated Sun Salutation + instructions.

www.yogajournal.com

This site has lots of interesting tips and articles about yoga.

www.yoga.about.com

This site has lots of photos of postures and articles.

www.india-shopping.net/yoga

Although this site is mainly do to with shopping, there are lots of yoga poses given with photos of poses and instructions.

www.youtube.com

This site has endless information and video clips about yoga.

www.yogamatters.com

www.yogastudio.co.uk

These sites are mainly online yoga shop for things like yoga mats, bags, clothing, books, dvds, cds, props etc.