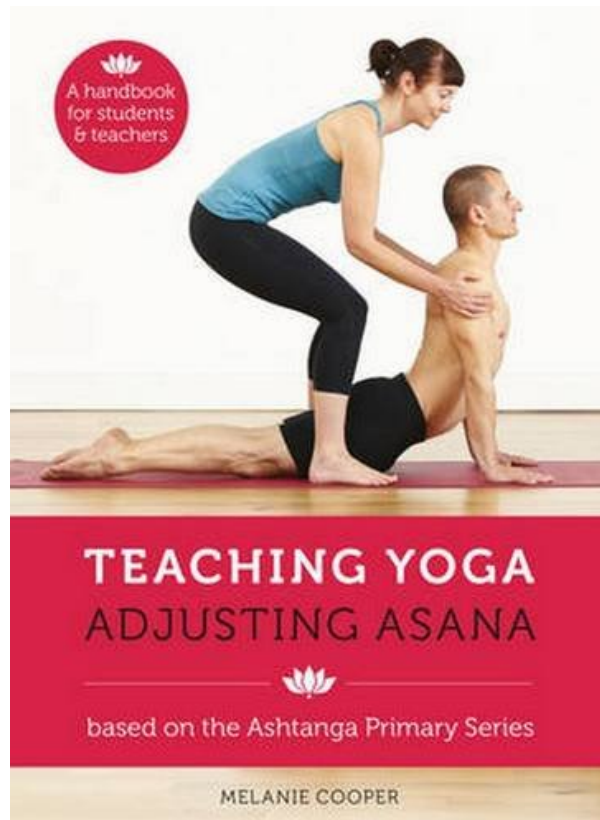
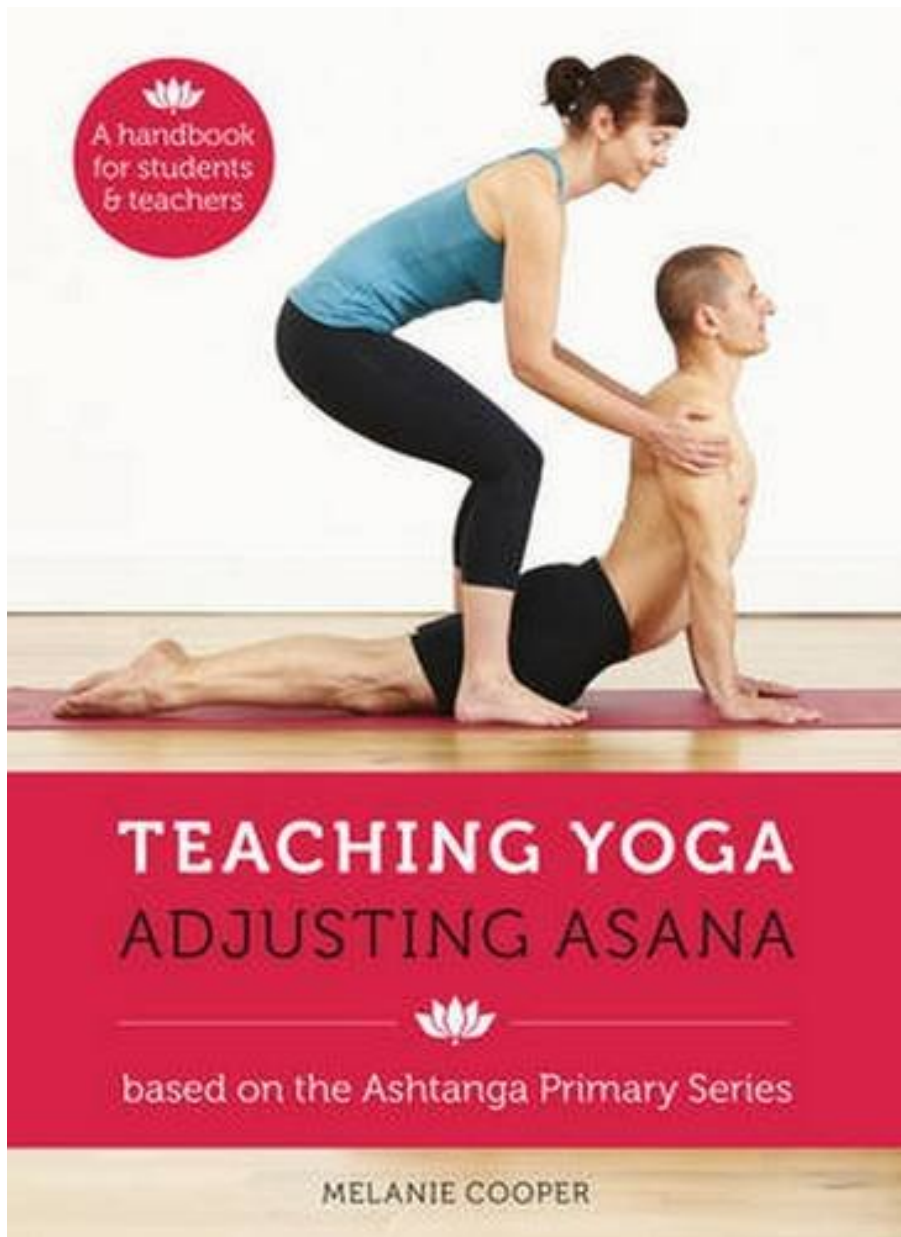


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About the Author

Melanie Cooper has been teaching yoga for 16 years, and training yoga teachers for eight years. She divides her time between London and Goa, practicing and teaching yoga. She currently runs the morning ashtanga self practice at The Life Centre in Islington and runs an annual teacher training at Brahmani Yoga in Goa, She has practiced at Ashtanga Yoga London for many years, and has also studied with Sri K. Pattabhi Jois. Melanie lives in North London.

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Teaching Yoga, Adjusting Asana: the essential guide to teaching yoga and adjusting yoga poses. Part One explores yoga teaching fundamentals in a simple, accessible way. Melanie covers how to teach crucial concepts (breath, bandha and drishti), as well as more general topics including injuries, ethics and the spiritual aspects of yoga. Part Two has helpful techniques for deepening common yoga postures and a complete guide to hands-on adjustment for the Ashtanga Primary Series.

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Interesting and useful handbook, thoughtfully written by an experienced teacher

By Sian

This is a broad-ranging practical handbook to teaching yoga and adjusting asana for yoga teachers and teachers in training. It is written in a very clear and accessible manner, offering well thought through tips and advice. I particularly liked the section on teaching points: simple, clearly expressed teaching points on the range of asana (within the Astanga primary series). The teaching points are not a comprehensive guide to instructing each pose but offer a useful reminder of different teaching points to include. I also found the section on adjusting asana particularly useful- clear photographs along with written adjustment tips. The book also includes sections on teaching breathing and on teaching the spiritual aspects of yoga (sensitively covered without lecturing). Not being an astanga teacher, certain sections such as the one on the sanskrit count were less relevant to me. I could also see scope for expanding the approach taken here (on teaching points and adjusting) to postures outside of the primary series. In sum, I found this an interesting and useful handbook for teachers and student teachers, written by an experienced teacher.

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