

## FOREWORD



When I discovered yoga, my life changed. The changes have been slow and subtle, but sometimes profound. From my very first yoga class, I knew it was for me. I remember coming out of the class feeling like I was walking on air with my head in the clouds! Gradually, over time, I started to feel more comfortable with, and in, my body. The tiggly aches and pains I used to feel have been replaced by a sense of well-being and my muscles are more relaxed, stronger and more flexible.

Eve became one of my favourite teachers. Watching her demonstrate a yoga pose with superb grace is like watching a morning piece of art. You know you won't be able to reproduce it exactly, but with her gentle encouragement and faith in your ability you quite often surprise yourself.

The big turning point in my life came when Eve suggested I sign up for the yoga teaching training course. I had secretly dreamed of doing it, but convinced myself I wasn't quite up to scratch. As soon as I heard those encouraging words, I started to feel more confident about being good enough to take on the course. As it turned out, that year was the best of my life. I loved every minute of the course and learned a lot about myself — and my yoga improved out of sight.

Life is a journey and yoga has helped me confront that journey head on. It has been like a road map for me, gently giving me directions to the pathways I need to take. Yoga helped me make the inner connection with myself, allowing me to choose the smooth path instead of the rocky road.

It is a great honour for me to recommend Eve's book. I have collected many great yoga books over the years, but this one truly stands out as a gem. Eve's warm and caring nature shines through the pages. Her personable style draws you in immediately, keeping you hungry for more. Covering every aspect of yoga, *Teach Yourself Yoga* is easy to read and understand — so whether you're a complete beginner or someone who's travelled the yoga path for a while, you'll find it equally useful.

*Teach Yourself Yoga* will become an essential handbook to read and re-read for practical knowledge and inspiration.

**Allen King**

Product Editor, Family Circle, and yoga teacher

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# Teach Yourself Yoga

**J Spring**



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web of course he was still officially enrolled as a medical student at pisa but eventually by 1585 he gave up this course and left without completing his degree galileo began teaching mathematics first privately in florence and then during 1585 86 at siena where he held a public appointment

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web galileo galilei galileo galilei a 15 february 1564 b 8 january 1642 3 was an italian polymath 4 galileo was originally going to be a doctor but became a tutor instead 5 he was a professor of mathematics and natural science in padua and pisa