



Yoga Stick Figure Asana Learning Deck

Mikelle Terson

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This deck is designed to help teachers, trainees, and students learn yoga postures, stickfigures, Sanskrit names, category of postures and their effects (i.e. backbend, forward bend, twists...) and suggested sequencing techniques. Cards are color-coded by category so you can flip through the deck, order them and design your own routines. Use these cards as easy reference when copying the routines of other teachers at training programs and conferences. Makes a great gift for any yoga enthusiast! Learning deck includes 108 postures, plus quick reference information cards, totalling 120 cards. Cards are- Size: 4" X 5 1/2" , two sided, and laminated.

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