

## **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](http://www.abc-of-yoga.com)**

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

#### **[www.yogajournal.com](http://www.yogajournal.com)**

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

#### **[www.yoga.about.com](http://www.yoga.about.com)**

This site has lots of photos of postures and articles.

#### **[www.india-shopping.net/yoga](http://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](http://www.youtube.com)**

This site has endless information and video clips about yoga.

#### **[www.yogamatters.com](http://www.yogamatters.com)**

#### **[www.yogastudio.co.uk](http://www.yogastudio.co.uk)**

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