

## Guiding Yogas Light Lessons For Yoga Teachers

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Nancy Gerstein's "Guiding Yogas Light" has some good, basic lesson plans that can inspire an instructor. The format of the book is nicely laid out. Gerstein's writing is poetic and clear. I have been able to use some of these ideas very easily in my classes.

### Guiding Yoga's Light: Yoga Lessons for Yoga Teachers ...

guiding yoga's light: lessons for yoga teachers is full of themes! But the book is so much more than that, as author Nancy Gerstein presents each theme as an actual "lesson." So, she gives the reader information on an intention, breath awareness/warm-ups, asana practice, OFF the mat practice (love this!), and finally, "words of wisdom"--something I generally call "reflections" in my own teaching.

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### Guiding Yoga's Light: Yoga Lessons for Yoga Teachers ...

This book is a good 'idea' book for yoga instructors. Putting together a yoga class requires a lot of work and some creativity. It is challenging to come up with themes. Many times, it is easy to rely on our comfort zones when teaching. Nancy Gerstein's "Guiding Yogas Light" has some good, basic lesson plans that can inspire an instructor.

### Amazon.com: Customer reviews: Guiding Yoga's Light: Yoga ...

guiding yoga's light: lessons for yoga teachers is full of themes! But the book is so much more than that, as author Nancy Gerstein presents each theme as an actual "lesson." So, she gives the reader information on an intention, breath awareness/warm-ups, asana practice, OFF the mat practice (love this!), and finally, "words of wisdom"--something I generally call "reflections" in my own teaching.