



**Persian Yoga - Fundamentals Illustrated Manual:
Pahlavani - The Physical Conditioning Arts of
Ancient Persian Warriors & Modern Persian
Wrestlers. (Persian Yoga Illustrated Manuals Book
1)**

Kashi Azad

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Persian Yoga™ Illustrated Manual - Fundamentals, is an introduction to the the training methods that were developed by Persians over 2000 years ago as a complete yet simple martial arts conditioning system.

Historically this type of training created an ideal warrior, forging elite soldiers out of the ordinary people.

The warrior was known as a Pahlav?n, who was valiant, powerful, capable, honorable and an enemy of falsehood.

Persian Yoga™ (Pahlav?ni) is still practiced in the Zurkhaneh (House of Power/Strength) as a complete system of strength conditioning by wrestlers, martial artists and strength enthusiasts.

This manual is a never before seen, in depth and clear account of the exercises, variations, postures and techniques with the Shena™ (push-up board) and Meel™ (Persian Clubs) as well as the dynamic mobility and flexibility exercises and the kicking, stepping and stomping techniques used in the Zurkhaneh for cardiovascular (aerobic) and agility conditioning. The manual also includes progressions and regressions together with a complete practice routine.

In the Foreword Mr. Paul Taras Wolkowinski, BA, (King of Clubs) says:

Kashi Azad offers you a unique insight into these ancient customs, and has done a great job in presenting a step-by-step, no-nonsense guide. His knowledge is based on personal experience and research that is a life long passion.

I have visited Iran for two years in succession to specifically study the physical arts of the Zurkhaneh, and even though I hired excellent translators, I found the Persian Yoga™ manual very useful and comprehensive in it's presentation and explanations.

The Persian Yoga™ manual is comprehensively illustrated with photographs and detailed written descriptions of all the movements and exercises. This is great news for anyone who would like to learn more about this ancient art, and start to experience it for themselves.

The Persian Yoga™ Fundamentals - Illustrated Manual is giving you first hand information directly from an active practitioner who introduces you to knowledge from his ancestral home of Iran.

"...the most complete form of mobility, strength, endurance, coordination..." ~ Dr David Oxenham, DC, ex. Professional Rugby player

"...Persian Yoga is unlike anything I have ever done before..."
~ Dr Abbey Wiseman, DC, ex. Competitive Gymnast

"...Persian Yoga offers all of these benefits. From the body weight challenge of the Shena, the circular movements of the Meel, and the hardcore effort required to move the Sang in a fluid and balanced way, it has everything you need covered." ~ Dr David McIntosh, MD, MBBS FRACS PhD

"...There is much breadth and depth to the practice...more holistic than I believed, working many fitness components...I'm sold!..." ~ Dr Anthony Van Den Bergh, DC

"Persian Yoga is especially powerful in training and injury proofing shoulders and hips; and is an easily adaptable method of superior coordination and neuromuscular conditioning!" ~ Mr Dominic Lo, Exercise Physiologist

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Bryant Kelly:

Hey guys, do you would like to finds a new book to see? May be the book with the concept Persian Yoga - Fundamentals Illustrated Manual: Pahlavani - The Physical Conditioning Arts of Ancient Persian Warriors & Modern Persian Wrestlers. (Persian Yoga Illustrated Manuals Book 1) suitable to you? The book was written by famous writer in this era. The book untitled Persian Yoga - Fundamentals Illustrated Manual: Pahlavani - The Physical Conditioning Arts of Ancient Persian Warriors & Modern Persian Wrestlers. (Persian Yoga Illustrated Manuals Book 1) is the main of several books that will everyone read now. This book was inspired lots of people in the world. When you read this book you will enter the new shape that you ever know prior to. The author explained their concept in the simple way, and so all of people can easily to understand the core of this book. This book will give you a lots of information about this world now. To help you see the represented of the world within this book.

Joey Leigh:

Playing with family in a park, coming to see the coastal world or hanging out with pals is thing that usually you have done when you have spare time, in that case why you don't try factor that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Persian Yoga - Fundamentals Illustrated Manual: Pahlavani - The Physical Conditioning Arts of Ancient Persian Warriors & Modern Persian Wrestlers. (Persian Yoga Illustrated Manuals Book 1), you may enjoy both. It is fine combination right, you still wish to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't get it, oh come on its named reading friends.

Alexander Taylor:

The book untitled Persian Yoga - Fundamentals Illustrated Manual: Pahlavani - The Physical Conditioning Arts of Ancient Persian Warriors & Modern Persian Wrestlers. (Persian Yoga Illustrated Manuals Book 1) contain a lot of information on the idea. The writer explains her idea with easy means. The language is very easy to understand all the people, so do not really worry, you can easy to read the item. The book was written by famous author. The author will take you in the new period of time of literary works. You can read this book because you can continue reading your smart phone, or product, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site as well as order it. Have a nice read.

Nancy Brown:

Is it you who having spare time in that case spend it whole day through watching television programs or just lying down on the bed? Do you need something totally new? This Persian Yoga - Fundamentals Illustrated

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