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is poetic and clear. I have
been able to use some of
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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
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Guiding Yoga's Light: Yoga Lessons for Yoga Teachers

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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.

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