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Most of the book is the learning section which carries us through the main yoga poses, starting with easy steps and slowly introducing us to the full poses over 28 days. The final pages of the book show a three-day routine that we can use as shown or we can intermix the poses in our own desired format into the future.

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As recently as ten years ago it would have been considered virtually impossible to successfully accomplish, within a 28-day period, the physical techniques presented herein. Formerly, a student who undertook the serious study of Yoga was prepared to devote a minimum of several years to the learning of the major Yoga exercises (asanas) and an unknown period of time to the perfecting of them.

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I've used this book for decades. When I started doing yoga again I ordered one of Hittlemans' newer books, but like this one better. It gives you an easy to follow 28 day plan. Nothing to figure out or study; you just open to the day you're on and follow the directions. Once you finish the 28 days you go on to do one of 3 routines each day.

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[Richard Hittleman's Yoga 28 Day Exercise Plan - HathaYoga.com](#)

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However, for an absolute beginner, 28 days of yoga in a row may be a bit tiring and if you are not very flexible to begin with you may find some of these difficult to do. Having said that, this book is very informative and gives you many gentle exercises to start you off with.

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