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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.

Richard Hittleman's Introduction to Yoga, Bantam Books, August 18, 1997; Yoga for Health, Ballantine Books, March 12, 1985; Richard Hittleman's Yoga: 28 Day Exercise Plan, Workman Publishing, 1969 (Bantam, 1983 ISBN 978-0-553-27748-7); Guide for the Seeker, Bantam Books, 1978 ISBN 978-0-553-11171-2; Richard Hittleman's Guide to Yoga Meditation, Bantam Books, 1969

Richard Hittleman's Yoga 28 Day Exercise Plan by Hittleman, Richard Reviewed by Magdalene Meretrix Categories: Other Other Originally published in 1969, this book is a great way to begin a regular daily practice of Hatha Yoga.

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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minimum of several years to the learning of the major Yoga exercises (asanas) and an unknown period of time to the perfecting of them.

[Richard Hittleman's Yoga: 28 Day Exercise Plan by Richard ...](#)

Great for beginner as takes you gently through the exercises, slowly increasing the movements over a period of 28 days. Following the book I made very good progress by the end of the 4 week plan. Recommend

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

This is a well structured and well illustrated Yoga book. Provides day by day plan for 28 days from simple to moderately complex yoga poses. Can be used without a instructor. Very little information on Pranayama.

[Richard Hittleman's Yoga: 28 Day Exercise Plan: Amazon.in ...](#)

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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