

新健康大系 健美强身系列

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附光盘



NAN'S YOGA
王楠瑜伽

WORKING PEOPLE YOGA EXERCISE

上班族瑜伽健身

DIY
王楠 著

working people yoga DIY

by Nan Wang



科学出版社
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新健康大系 健美强身系列

王楠瑜伽——上班族瑜伽健身DIY

Nan's Yoga—Working People's Yoga DIY

王楠 著



科学出版社

北京

内 容 简 介

上班族由于长时间静坐,并且没有时间进行系统的训练,出现许多亚健康状态,本书作者针对这个问题,为上班族编排了一套瑜伽动作,简单易学,可操作性强,在带来匀称身材的同时,还能更好地舒缓工作压力。

本书适合广大上班族阅读。

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我是酷不爱锻炼的人。小的时候上体育课永远是最后一名，跳山羊是那种两腿发抖，憋足了劲，结果还是坐在山羊上的那种孩子。上大学的时候鼓足了勇气选了芭蕾课，还没上两天就被老师指着鼻子骂：“优雅！懂吗？能给我一点点优雅的感觉吗？”因此，我自认为是身子板僵硬的人，而且没有任何运动细胞。

大概是到岁数了，这几年体重剧增，变成了一个富态的中年妇女。我自己安慰自己：没关系，到年纪了，就这样吧。自我放任的结果是继续横向发展，迫使我不得不考虑强迫自己参加体育锻炼。

由于我对体育锻炼的恐惧和排斥，我开始慢慢寻找我喜欢的项目，也就是这时候我开始试着练瑜伽。头一回是一个正宗的印度教练，但是由于场所离家实在太远，所以没两次就放弃了。但是虽然只有很少的接触，我却认为瑜伽是适合所有人的活动。首先，瑜伽没有任何比赛的元素在里面，而是要求每个人认真地去体验自己的身体，不是和别人比谁快、谁强。第二，瑜伽和其他所有运动相反，练的时候心越来越静，而不是越来越兴奋。在我看来瑜伽的心态非常健康，比其他的任何项目都强。

前不久，我家后面开了一个高温瑜伽，我去试了一次，发现我最喜欢的瑜伽心态已经被 42 度高温彻底破坏，外加老师在一旁的鞭策，使我突然觉得我又是那坐在山羊上的小孩了。没有比美国人这种对东方文明的改造更糟糕的发明了，把一个美好的精神上的东西彻底扭曲了。

正当我无可奈何想放弃锻炼的时候，王楠通过一个朋友把她的书稿给我看。这真是雪中送炭，我马上按照她书中的指导练了几次。我从来没有跟王楠上过课，但是这本瑜伽指导书是我看到最容易读懂的，也是我现在的瑜伽教练。任何一种锻炼都在于坚持，书的指导也是这样，从易到难，一个耐心的老师的心血字里行间都能体会到，做的时候也能体会到。这以后，我不再愁瑜伽场所太远，我家客厅就是我的瑜伽馆了。

我答应写这个前言并不是因为我的瑜伽已经练得很老道，或者已经通过瑜伽减了多少磅的肥，实际上我只练了一个月。我之所以写这个前言是因为像我这样顽固的不锻炼者都能够被这本书打动，那么其作用和好处就不用再费笔墨了。

洪晃

2004 年 9 月

作者简介:

王楠,自幼在北京艺术学院学习京剧表演,并接受了芭蕾形体培训,后又在北京体育学院进修体操、田径、武术、人体解剖学等多个专业课程。自1996年起至今她潜心练习瑜伽并经常与众多瑜伽师切磋学习。8年来教授于北京20余家健身场馆及学校,已教授学生近万人。1998年获北京健美十佳小姐及专业健身教练资格证书,1999年荣获北京市健美二级运动员。为了更好地教授瑜伽,她曾远赴印度,在印度Omkaranda瑜伽学院学习深造,并与多国瑜伽大师切磋交流。王楠现任北京嘉里中心、港澳中心、凯宾斯基等多家健身场所的专业瑜伽指导,还是多家健康杂志的特约瑜伽指导:

时尚健康杂志瑜伽专栏指导

健康之友杂志瑜伽指导

健美丽人杂志-健身课堂瑜伽指导

2004年体线杂志的瑜伽明星教练采访

环球杂志采访

CCTV1半边天采访等

并著有:

《随身瑜伽美体教练》书以及VCD

《王楠瑜伽》系列丛书及VCD

作者邮箱:Yoginan2000@yahoo.com



Ms. Nan Wang has been trained in Beijing at the Academy of Art in Peking Opera and Ballet. She also attended the Sports Academy for training in Gymnastics, Track and Field, Wushu, and Anthropotomy. In 1996 she started to practice Yoga and communicated with many instructors in different countries. Since that time she has taught in more than 20 gyms and schools in Beijing and has had nearly 10,000 students. She received the Miss Beijing fitness award as well as a fitness certification from the China Fitness Association in 1998. And in 1999 she received the Beijing Athlete Second Level Certificate for bodybuilding.

To improve her Yoga teaching methods, she made a trip to India where she stayed at the Omkaranda Yoga Institute to study Yoga. She communicated with many well known Swami's and Yoga Masters while there. Now she is teaching Yoga at the Kerry Center Gym, Swiss and Kempenski Hotel Gyms. She has been specially invited by many sports magazines to present her views on proper Yoga instruction. These magazines include:

Trends; Scientific Fitness; The Friend of Health; Fitness; and Global.

She was interviewed by CCTV-1 about her life and career which featured her Yoga teaching.

She has published five Yoga books and is in the process of preparing another book for publication. The books include:

Your Own Yoga Instructor with VCD, China Women Press, January 2004

Nan' Yoga Book Series with VCDs, China Science Press

Contact: Yoginan2000@yahoo.com

瑜伽是一丝智慧，是哲学，是艺术的生活方式。瑜伽是优雅的运动，是一门平衡的艺术。它平衡于我们的身与心之间，身与自然之间。它给我们的生活带来和谐、惬意及清静。

瑜伽的历史是久远的，但它并不神秘。它是古人留给我们的—份礼物，令我们在这飞速变化的世界中找到自己，认识自己。这是一本完全针对于瑜伽入门的书，希望这本书中浅显的瑜伽知识，可以给你的生活—点提示。

对于这本书的成型要特别感谢我的好友罗为，晓令，以及八零年代摄影工作室和所有参与本书的工作人员给予我的帮助与支持。在工作中他们都在以瑜伽的精神投入、给予，令我十分感动、感谢。

——瑜伽楠

Yoga is the intelligence, philosophy, and art of life. It is a graceful exercise and the art of balance between the body, mind, and nature. Yoga brings coordination, happiness, and calm to our lives. It helps us find ourselves and realize ourselves in this rapidly changing world.

Although the history of Yoga is long, it is not a mystery. As a present from the ancient people to us, they kept it simple, logical, and easily understandable.

This book is for the beginning students to help them understand about Yoga. I hope the shadow of Yoga knowledge in this book will give them a little light on their lives and help brighten the lives of each one of them.

For this book to be smoothly published, I am indebted to my good friends, Photographer Luo Wei, Art Director Tan Xiao Ling, and the Eighties Photo Studio, and the help and support from all of the people other friends around me. Without their help, the task would have been much more difficult and the quality of the book would not have been as good.

——Yogi Nan



拍于印度恒河的源头
The source of Ganges River



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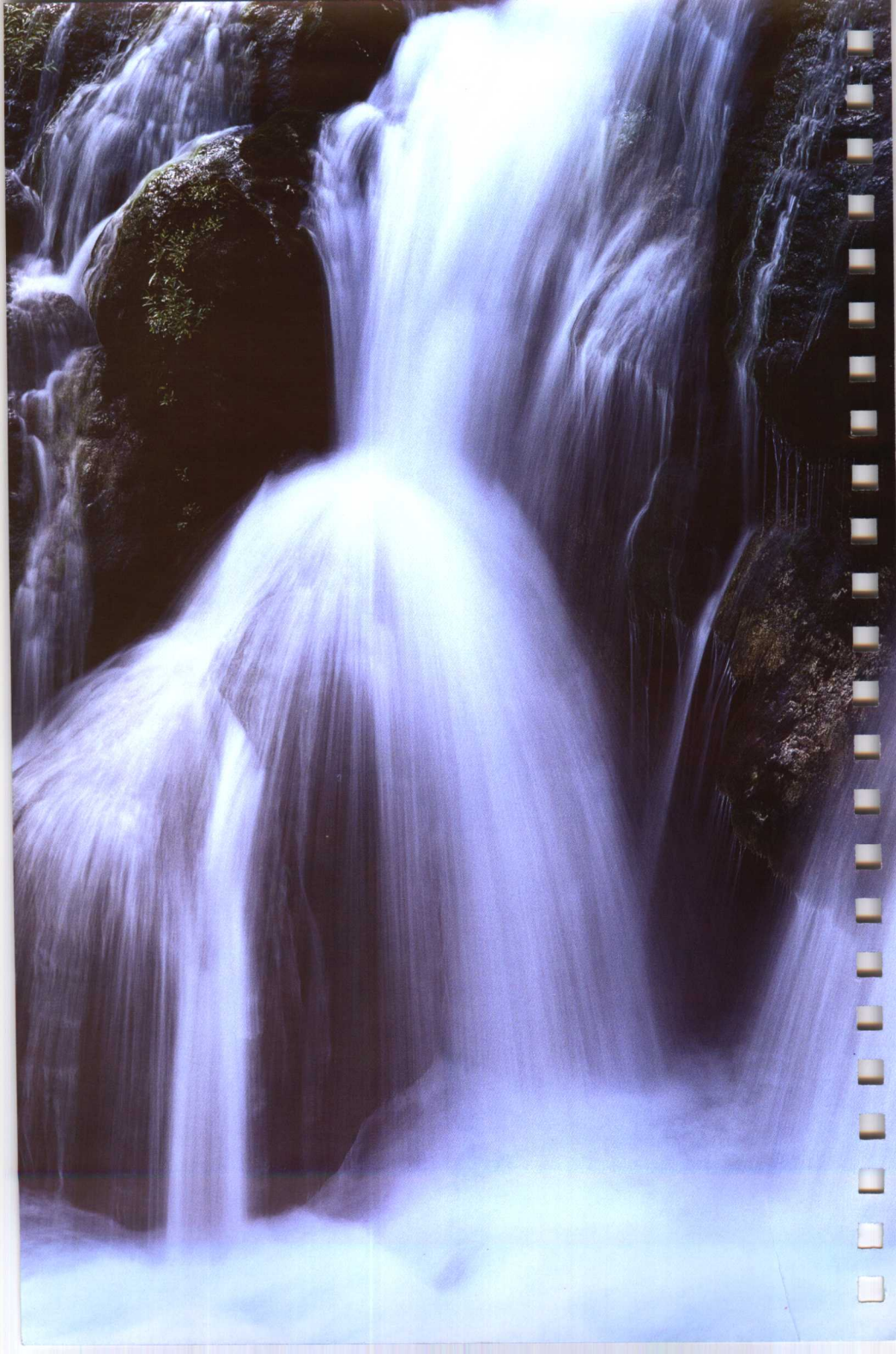
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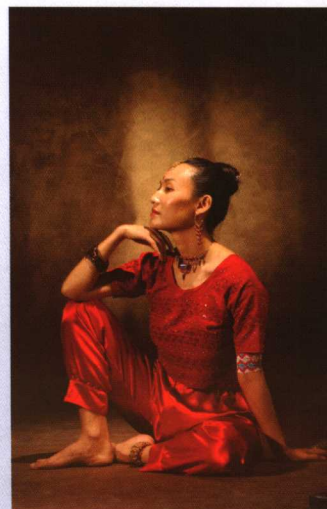
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练习瑜伽体位的提示

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◆如果你有高血压或心脏问题，避免过多站立练习或向后弯曲练习。

High blood pressure or heart disease: Avoid standing poses or back bends.

◆如果你有髋关节错位的问题，避免进行坐姿的练习。

Hip replacement: It is not a good idea to try sitting poses if you have had a hip replaced. Your instructor will be able to give you some alternative poses to help you achieve your goal.

◆如果你有背部的伤痛或脊柱、椎间盘错位等问题，避免做前曲、侧曲或脊柱拧转的动作。

Back injury: Avoid forward or back bends, side bends, or twisting motions.

◆如果你有眼睛、耳朵、神经、头、脖颈、背部的问题或伤痛、月经、高血压、偏头痛、眩晕等问题时，避免练习肩倒立或其他倒转身体的动作。

Menstruating, dizzy spells, head or neck problems: Don't try shoulder stands or any upside down poses.

◆练习时，从来都不要冒险去做令自己过于疼痛或不适的动作。

Any extreme pain or discomfort: Listen to your body. As you practice, if you feel any extreme pain or undue discomfort, stop the pose immediately and perhaps try it again at a later time.

◆如果你有膝关节的问题，不要进行跪姿的动作或向后弯曲的动作。

Knee injury: Avoid trying back bends or any kneeling poses.

◆如果你骨质疏松或背部僵硬，你要非常小心地尝试伸拉、拧转或向后弯曲及倒转的动作。

Stiff back: Try stretches and twists carefully and gently and avoid backbends or upside down poses.

◆不要在怀孕期间开始练习瑜伽。如果你在怀孕前已经开始练习瑜伽，你可以在孕期继续练习，但要十分小心、温和地去练习。

Pregnancy: If you haven't been practicing Yoga, don't start to practice during pregnancy. If you have been practicing Yoga, it is generally ok to continue the practice but do it carefully and gently.

◆不要吃饱后练习，可在练习前1小时或练习后1小时少量进食，但可以适量饮水；晚间练习后不要进食。

Eating before practice: Avoid practicing on a full stomach. Usually it is ok to eat a little two hours or more before you practice. It is ok to eat 30 minutes practice except in the evening. After you practice in the evening, especially before bedtime, you shouldn't eat because the body will store much of the food you eat as fat. You can drink water before, during, and after practice.

◆有关沐浴，如果通过最后的放松，体温已恢复正常，体位练习后可以沐浴。

Keeping clean: You can take a bath or shower after you cool down.



◆在练习瑜伽的体位部分时,你需要从始至终运用正确的呼吸方法,温和地尝试着去做。同时,练习过程中你需要尽可能地把心静下来,将你的思绪集中在你所做的动作上。

Breathing: When you practice different postures, you have to breathe carefully. Read the breathing instructions for each posture before you practice, or check with an experienced instructor.

Concentration: It is very important to concentrate when you practice in order to feel your inner calm.

◆不要急于求成,练习时要将每一步骤都做清楚,循序渐进,按部就班地进行尝试及练习。

Rushing: Never rush to get fully into a particular posture. Do each posture gradually by performing each step completely before moving to the next one. If you are just beginning to practice Yoga, it may be several months before you can get fully into a particular posture. Take your time.

◆不要和别人进行比较,要同自己的上一次练习去比较,以增强自信。

Comparing: Don't compare with other people, rather compare with yourself, i.e., the last time you exercised. Build your confidence over time.