

RICHARD HITTLEMAN YOGA

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Richard Hittleman - Wikipedia

Richard Hittleman was an American Yoga teacher and author who taught Hatha and Raja Yoga through one of the first Yoga television series, Yoga for Health. Early life. Richard Lowell Hittleman was born at New York on 7 March 1927, the

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

The book Richard Hittleman's Yoga 28 Day Exercise Plan was first published in 1969. It does make occasional references to a 1960's woman's lifestyle which are a bit outdated. However the practice plan and the yoga poses (asanas) themselves remain timeless.

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

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[Richard Hittleman's YOGA FOR HEALTH TV PROGRAMS ON DVD!](#)

Richard Hittleman guides you through the basic Yoga postures with his style of gradually increasing your Yoga routine. This is a practical complete workout of basic Yoga! Use it alone or as a daily companion to his television series or Yoga 28 day plan DVDs! Learn the Classical Yoga method for health, fitness and peace of mind. Quiet the emotions and really learn to relax! Richard Hittleman

[Yoga Richard Hittleman](#)

Excerpt from Richard Hittleman's 1970 TV series 'Yoga for Health' with Cheryl and Lynn.

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

Richard Hittleman, a pioneer in introducing yoga to the masses, founded his first school of Yoga in Florida in 1957, and produced his first television series, Yoga for Health, in 1961.

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[Richard Hittleman's Introduction To Yoga: Beginning And ...](#)

Richard Hittleman--Author, Lecturer and Television Instructor--has introduced the practice of Yoga to more American's than any other living authority. This book is the second of his Yoga Masterwork series.

[Amazon.ca: 28 day yoga](#)

The Ultimate Body Stretching Guide: Your best resource to learn stretching basics and enjoy your body transition into a flexible, sculpted one in ONLY 28 days!

Obituary: Diane Hittleman, yoga teacher - Lion's Roar

Diane Hittleman was a yoga teacher and Buddhist practitioner who helped introduce and popularize hatha yoga in the U.S. in the 1960s. She died last year.

Richard Hittleman's Yoga: 28 Day Exercise Plan -

Richard ...

Richard Hittleman was a famed American Yoga teacher and author (1927-1991) who was the first man to bring Hatha and Raja Yoga to the English-speaking world through the first-ever Yoga television series, Yoga for Health.