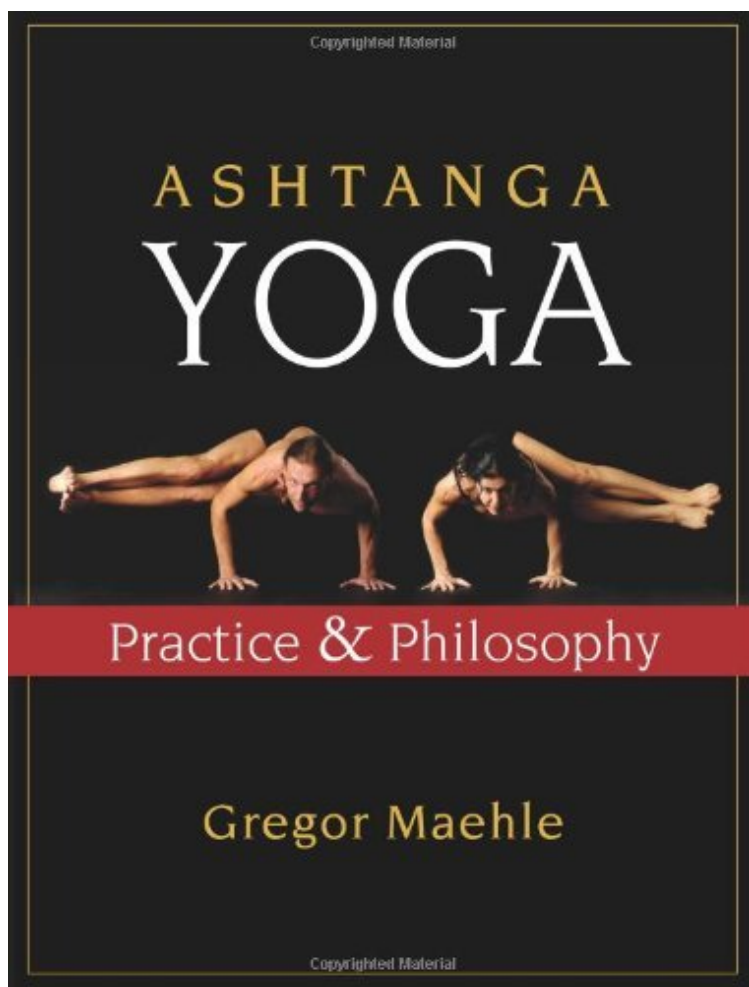


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Ashtanga Yoga: Practice Philosophy



Par Gregor Maehle
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Description :

Prsentation de l'diteurAshtanga Yoga: Practice and Philosophy is the first book of its kind, presenting a comprehensive guide to all eight limbs of Ashtanga Vinyasa Yoga. Join author Gregor Maehle, a seasoned yogi and passionate teacher, as he guides you through: the history and lineage of yoga the fundamentals of breath, bandhas (energy locks within the body), drishti (the focal point of the gaze), and vinyasa (sequential movement) a detailed breakdown of the asanas of the Ashtanga Primary Series, following the traditional vinyasa count a lively and authentic rendering of the complete Yoga Sutra of Patanjali, yoga's ancient sacred text a glossary of yoga terminologyIn the asana section, Maehle describes each posture with clear, meticulous instructions, photographs, anatomical illustrations, and practical tips. Information on the mythological background and yogic context of specific postures brings further insight to the practice. In the philosophy section, Maehle illuminates the Yoga Sutra using the major ancient commentaries as well as his own insights. This volume makes the entire path of Ashtanga Yoga accessible to modern practitioners. Both practical guide and spiritual treatise, Ashtanga Yoga is an excellent introduction to the eight limbs of yoga and an invaluable resource for any yoga teacher or practitioner.Revue de presseIf you can only get one book

on Ashtanga Yoga this is the one to choose. It covers the Primary Series and gives an excellent insight into the anatomical aspects. But much more than this more than half the book is given to providing one of the best accounts of the Yoga Sutra for the Western reader. --Duncan Machray - UK
In the western world, yoga is often viewed as a great way to exercise- perfect for flexibility and stress management. It is that. However, in our ignorance, we are only getting part of the benefits of this practice. True yoga is not only about the physical positions it is also about the philosophy. Without the philosophy, the forms have no context or meaning. Moreover, without this balance, students may actually be causing themselves and their bodies harm. Ashtanga Yoga is an important resource for anyone who wishes to practice yoga. It blends practice and philosophy together for fuller understanding. Some of the best extras in this book include photographs of each posture, colour illustrations of the muscle groups used in each movement, and line by line

interpretation of the Yoga Sutra. --Tammy Brady - UK
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