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Author : Alanna Kaivalya Publisher :Unknown Release Date :2016-10-11 Total pages :184 ISBN : 9781683830238 GET BOOK HERE Summary : Practitioners around the world reap the physical benefits of yoga, assuming they represent and frequently named them by their Sanskrit name. While many know that hanumanasana is named for the deity Hanuman, few understand why this is the case. Behind each asana and its corresponding movements lies an old story about a god, sage or sacred animal, like the fables of Esop or European folk tales. The myths of the Asanas is the first book to collect and retell these ancient stories. The myths behind the spiritual yoga tradition have the power to help students of all levels realize their full potential. Meditating on the tolerance of trees while standing in the tree lay can help one become more tolerant. Learning how the disfigured sage Astavakra has come to be the teacher of a king can anxieties related to our external appearance and our self-imposed limitations. Marveling at Hanuman's devotion to Ram can serve as a source of spiritual spiritual strength Determination. With more than sixty beautiful illustrations to frame stories, Myths of Asanas will add a new dimension to your practice and the study of yoga. Author : Alanna Kaivalya,Arjuna van der Kooij Publisher :Unknown Release Date:2020-03-10 Total pages:45 ISBN : 1683838475 GET BOOK HERE Summary: Improve your yoga practice with this pack of forty-five books, which reveals the stories behind some of the most beloved represent. Based on a best-selling book, Myths of Las Card Deck is a practical and portable collection of stories behind yoga poses, just the right to accompany you to classes and retreats. Practitioners around the world reap the physical benefits of yoga, assuming they represent and frequently calling them by their Sanskrit name. While many know that hanumanasana is named for the deity Hanuman, few understand why this is the case. Behind each asana and its corresponding movements lies an old story about a god, sage or sacred animal, like an Aesop fable or a popular European story. The myths behind the spiritual yoga tradition have the power to help students of all levels realize their full potential. Meditating on the tolerance of trees while standing in the tree lay can help one become more tolerant. Learning the disfigured wisdom Astavakra has come to be the teacher of a king can free us from anxieties related to our external appearance and our self-imposed limitations. Marveling at Hanuman's devotion to Ram can serve as a source of spiritual strength and determination. With beautiful illustrations to frame stories, Myths of Asanas Card Deck will add a new dimension to your practice and yoga study. Author : Alanna Kaivalya,Arjuna van der Kooij Publisher :Unknown Release Date:2020-07-14 Total pages:224 ISBN : 1683838483 GET BOOK HERE Summary: Improve your yoga practice with this new extended edition of the final guide to the stories behind the most beloved positions of all time. Many yoga practitioners explore the benefits of yoga through its positions, but did you know that the magic and mystery of yoga lies in the power of yogic mythology? The myths of the Asanas was the first book to gather and repose the ancient stories of the yogi myth to a modern audience, and since then it has become a beloved resource for yoga practitioners and instructors around the world. This extended edition contains nine unheard stories about some of the most beloved poses in the yoga world. The myths behind the spiritual yoga tradition have the power to help students of all levels realize their full potential. Understanding the subtle whims and power of the child while in the child's position gives us permission to remember forgotten dreams and find the power to manifest them now, the disabilities of the great staivakra as they try to balance their arm encourages us to understand how strong we are when we recognize the power that lies any perceived limitations. Marveling at the devotion of the monkey-god Hanuman to his best friend, Ram, keeps us in alignment with our integrity during the hanumanasana breakup puts that we dig deeply to discover the source of spiritual power in ourselves. Author : Insight Editions Publisher :Unknown Release Date :2020-09-08 Total pages :224 ISBN : 9781683838494 GET BOOK HERE Summary : Improve your yoga practice with this new extended edition of the final guide to the stories behind the most beloved positions of all time. 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By describing the beauty and shape of each asana through the lens of Joel Koechlin, this book intends to add meaning and value to practitioners and non-practitioners alike, shedding new light on a familiar subject. Author : Devdutt Pattanaik,Matthew Rulli Publisher :Unknown Release Date :2019-06-21 Total pages :344 ISBN : 9789353570859 GET BOOK HERE Summary : Popular names of many asanas yogi - from Virbhadra-asana and Hanuman-asana to Matsyendra-asana, Kurma-asana and Ananta-asana - are based on characters and characters from Indian. Who were these mythological characters, who were their stories and are they connected to yogic positions? Devdutt Devdutt the newest book Yoga Mythology (co-written with international yoga practitioner Matt Rulli) retells fascinating stories from the Hindu, Buddhist and Jain lore that lies behind the asanas yogi the world knows so well; in the process, he draws attention to an Indian worldview based on the concepts of eternity, rebirth, liberation and empathy that has nourished yoga for thousands of years. Author : Alanna Kaivalya Publisher :Unknown Release Date :2014-03-15 Total pages :232 ISBN : 9781608682447 GET BOOK HERE Summary : Mantra and kirtan (devotional call-and-response chants) of yoga practice sometimes receive short in the West because they are not well understood. These chants are an integral part of most Eastern spiritual practices because they are designed to provide access to the psyche while their underlying mythology helps us understand how our psychology affects everyday life. Sacred Sound shares the myths behind mantras, illuminating their meaning and putting their power and practicality within the reach of every practitioner. Each mantra and kirtan includes Sanskrit, transliteration, and translation. The clear retelling of pertinent myths highlights modern applications so that readers discover their own personal connection to practice. Alanna Kaivalya has refined her teaching over a decade with tens of thousands of members of the diverse public. Its unique and popular approach to human connection and self-knowledge transforms a time-tested tradition into a versatile and powerful tool. Author : Alanna Kaivalya Publisher :Unknown Release Date :2016-10-08 Total pages :264 ISBN : 9780738749716 GET BOOK HERE Summary : While many engage in asana, physical practice, the most transformative effects of yoga are found in spiritual and psychological realms. Yoga Beyond the Mat shows you to develop a personal, holistic yoga practice to achieve a lasting and permanent transformation. Join Alanna Kaivalya as she guides you through a full range of topics, including removing obstacles Appreciation of the present moment balancing the chakras healing childhood wounds creating your own rituals transforming the archetypal energy entering the blissstate This book shows you that yoga does not make life easier; it makes you better in your life. Through ritual, meditation, journalization, asana, and other spiritual practices, Yoga Beyond Mat provides techniques for the development of a personal mythology and allowing the ego to rest, leading modern yogis toward what they were missing: the realization of personal happiness. Praise: [Alanna] guides and inspires students and teachers alike to their own liberation, with patience, generosity, and wholehearted enthusiasm. -Linda Sparrowe, former editor-in-chief of Yoga and author of Yoga At Home This is the book I've dreamed of since I started my yoga path... [Yoga Beyond includes] all steps, tools, rituals, and wisdom for lasting happiness. -Dana Flynn, founder of Laughing Lotus Yoga Alanna pioneered a relevant, educational book; deep thinking and laced humor. —Ana T. Forrest, founder of Forrest Yoga and author of the Book of Fierce Medicine Alanna reveals with great clarity and approachable language the nuances, shading and shadows of this ancient wellness ritual. I highly recommend it. - Dennis Patrick Slattery, PhD, author of Riting Myth Alanna's rigorous scholarship is intertwined with the applicable and tangible to do, which brings reality to your spirituality. -Jill Miller, creator of Yoga Tune Up® and bestselling author of the Roll Model In today's hectic life, the rebirth of yoga-past when combined with soul-centered engagement provides the remedy we seek... a discovery book. —Stephen Aizenstat, Doctor, Chancellor of the Pacifica Graduate Institute In this innovative book that integrates yoga, Jungian psychology and personal mythology, Alanna Kaivalya recovers the spiritual dimension of yoga for contemporary Western practitioners. -Dr. Patrick Mahaffey, Professor and Associate Professor of the Program of Mythological Studies at the Pacifica Graduate Institute and author of the Evolution of God-Alanna Images writes with honesty and clarity about the quest to find self-knowledge and happiness, perfectly balancing skepticism and enthusiasm. The result is a practical guide to the history and philosophy of yoga, as well as a useful map to live an integrated, satisfying and significantly rich life. —Dave Stringer, Grammy-nominated Kirtan artist Based on yoga, psychology, mythology and ritual, Alanna guides readers on a transformative journey toward self-awareness and personal happiness through an amazing array of practices. Yoga Beyond Mat is like a library of ideas for studying your self. -Kaitlin Quistgaard, writer and former editor-in-chief of Yoga Journal Author: Zo Newell Publisher: Unknown Release Date: 2007 Total pages: 109 ISBN: 0893892661 GET BOOK HERE Summary: Downward Dogs and Warriors de-mystify traditional India stories of gods and goddesses showing their connection to universal human emotions. Connecting these stories to common yoga opens up a deeper dimension of practice. Author : James Mallinson,Mark Singleton Publisher :Unknown Release Date :2017-01-26 Total pages :592 ISBN : 9780141978246 GET BOOK HERE Summary: Yoga must be known through yoga. Yoga comes from yoga. One who is vigilant through yoga delights in yoga for a long time yoga is extremely popular around the world today, but so far little has been known about its roots. This book collects, for the first time, the basic teachings of yoga in their original form, translated and edited by two of the important scientists in the world of the subject. It includes a wide range of texts from different yoga schools, languages and eras: among others, from the beginning of Upanisads and Mahabharata, and from tantric, Buddhist and Jaina traditions, with many pieces in scholarly translation for the first time. Covering the different definitions of yoga between systems, patterns of esoteric and physical bodies, as well as its most important practices, such as posture, breathing control, sensory withdrawal and meditation, Yoga Roots is a unique and essential source of knowledge. Translated and edited with an introduction by James Mallinson and Mark Singleton Author: Sally Parkes, BSc Publisher :Unknown Release Date:2016-02-01 Total pages:192 ISBN : 9781592337316 GET BOOK Summary: Student Yoga Anatomy Manual is the essential guide for anyone looking to understand the importance of doing yoga correctly in order to maximize benefit and avoid pain. With the guidance of Sally Parkes and Joanna Culley, students and instructors gather a simple and clear understanding of yoga practice. Work through 50 step-by-step illustrated poses (asanas), which are perfect to work through every section of the body. Including an overview of the musculoskeletal system to explain the body's systems and the terminology discussed. Then he deeply introduces yoga, looking at the styles of Hatha yoga, the movements of the spine and the points of its axis, how the levers change the intensity of each asana, types of muscle activity, and the science of breathing. Color anatomical illustrations and the clear and concise text of the 50 common yoga asanas make science easy to understand and allow a deeper understanding of yoga and how it works with the body, allowing readers to easily apply what they learn in their own practice. Clear notes describe the type of muscle activation, motion plan, spine axis, and options for practical changes to allow individual ability and injury rehabilitation. You will also discover a list of sequences to tie the asanas together to form a complete workout routine for a healthy lifestyle. Author : Mark Singleton Publisher :Unknown Release Date :2010-02-25 Total pages :262 ISBN : 9780195395341 GET BOOK HERE Summary : Yoga practice has become extremely popular in the West. Most people assume (and many claim) that postural yoga - characterized by familiar, demanding, physical poses - is an ancient Indian tradition. But in fact, according to Mark Singleton, this type of yoga is a fairly recent development, with its traceable beginnings until the mid-19th century. Singleton presents here the first in-depth study of the origins of postural yoga, provoking many current notions about its nature and origins. Author: Rob Brezсны Publisher: Unknown Release Date: 2005 Total pages: 296 ISBN: 1583941231 GET BOOK HERE Summary: In this book, Rob Brezсны a case for cagey optimism, a perspective that engages rather than represses difficulty and opinions universe as inherently friendly--Provided by the editor. Author : Mark Stephens Publisher :Unknown Release Date :2011-09-06 Total pages :432 ISBN : 9781583944721 GET BOOK HERE Summary: Yoga teaching is an essential resource for new and experienced teachers, as well as a guide for all yoga students interested in refining their skills and knowledge. Addressing 100% of the standards of the teacher training curriculum set by Yoga Alliance, the world's leading source of registry and accreditation for yoga teachers and schools, Teaching Yoga is also ideal for use as a basic manual in yoga teacher training programs. Drawing on a wide spectrum of perspectives and offering more than 150 photographs and illustrations, the book covers fundamental topics of yoga philosophy and history, including a historical presentation of classical yoga literature: Vedas, Upanishads, Bhagavad Gita, Yoga Sutras in Pataljali, as well as the main historical sources about tantra and early hatha yoga. Each of the eleven major styles of contemporary yoga is described, with a brief history of its development and the distinctive elements of its teachings. Exploring the traditional and modern aspects of anatomy and physiology, the book offers extensive support and tools for teaching 108 yoga positions (asanas), breathing techniques (pranayama) and meditation. Yoga teaching offers practical tips for setting up the class, planning and sequencing courses, as well as the process involved in becoming a teacher and supporting oneself in the profession. The book has over 200 bibliographic sources, a comprehensive index and a useful appendix that lists associations, institutes, organizations and professional resources for yoga teachers. From the Trade Paperback edition. Author : Bernie Clark Publisher :Unknown Release Date :2014-01-01 Total pages :587 ISBN : 1935628763 GET BOOK HERE Summary : Compare yoga myths with stories that have influenced Western culture and explore how these spiritual stories can work on an unconscious level to provide road maps for navigating through modern life. Author : William J Broad Publisher :Unknown Release Date :2012-02-07 Total pages :298 ISBN : 9781451641424 GET BOOK HERE Summary: Examine the health claims of modern yoga, relying on scientific and cultural research to provide advice on how to recognize authentic yoga practice and get real benefits. Author : Rama Jyoti Vernon Publisher :Unknown Release Date :2014-12-01 Total pages :264 ISBN : 9780940676268 GET BOOK HERE Summary: Most Westerners already know that practicing yoga can improve health and create peace of mind. But for those who yearn to add significant depth to their lives, it is possible and bigger.. In this book, master professor Rama Vernon shares techniques and knowledge suitable for all levels, from beginners to experienced students and teachers. Author : Nancy Romita,Allegra Romita Romita :D date of unknown release :2018-11-07 Total pages :144 ISBN : 9780190863944 GET BOOK HERE Summary : Functional Awareness and Yoga is an essential book for all those who want to deepen their yoga practice and discover strategies to reduce stress or discomfort on the mattress, as well as in everyday life. It is also an excellent book of introductory concepts in anatomy, so apply to the yoga required during a yoga training teacher. Each chapter provides essential elements in functional anatomy with more than 60 practical illustrations. Chapters also apply specific postures in yoga with clues to support the practice on the carpet. Finally, each chapter contains a conscious practice section to help readers integrate anatomical images into everyday life in order to release unnecessary tensions, improve posture, and support ease of movement. The reflective practice of functional awareness® changes the way one goes through simple everyday tasks in life and demonstrates how these small simple shifts can have a profound effect on ease in action and resistance in motion, both on and off mat yoga. Guiding readers through the essential elements in aligning the body by providing engaging explorations in body/mind awareness, the book offers a way to improve resilience and balance in action. Author : Sage Rountree,Alexandra DeSiato Publisher :D ata unknown release :2019-05-14 Total pages :256 ISBN : 9781623173234 GET BOOK HERE Summary : Creating class themes with yoga philosophy, inspirational quotes, and simple concepts to inspire and motivate experienced yoga instructors students Sage Rountree and Alexandra DeSiato give yoga teachers tools to find their voice and tap into innate wisdom. The authors offer ready-made, detailed themes for use in classes and provide flexible templates for building a set of themes tools for future use. Teaching Yoga Beyond Poses provides guidance for both new and experienced teachers, starting with a section on voice, authenticity, emulation, phrasing, practicing, repeating, and finding inspiration. Continue with a second section containing fifty-four complete themes that instructors can easily use in their own classes. The final section includes blank instructor templates to create your own themes and class notes. With a unique angle and a practical feeling, this workbook will appeal to yoga teachers, teacher trainers and home practitioners who want to take it to the next level. Author : Devdutt Pattanaik,Matthew Rulli Publisher :Unknown Release Date :2019-06-21 Total pages :344 ISBN : 9789353570859 GET BOOK HERE Summary : Popular names of asanas yogi - from Virbhadra-asana and Hanuman-asana to Matsyendra-asana, Kurma-asana and Ananta-asana - are based on characters and characters from Indian mythology. Who were these mythological characters, who were their stories and are they connected to yogic positions? 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