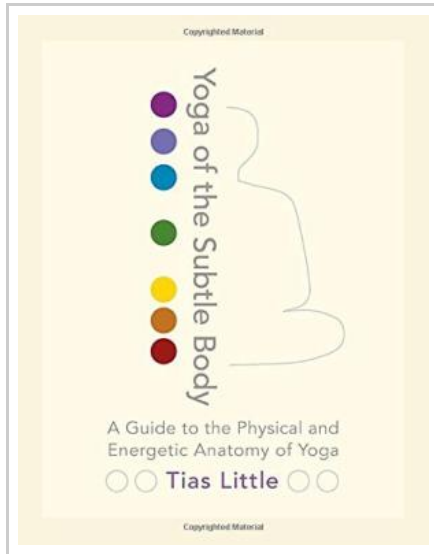




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Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga

By Tias Little

Shambhala. Paperback. Book Condition: New. Paperback. 240 pages. With his expert teachings, philosophical insights, and pragmatic imagery, world-class yoga instructor Tias Little turns the anatomy of the physical body into a tool for navigating the subtle body. Yoga of the Subtle Body unites practical somatic concepts and wisdom teachings in this guide to the anatomy of the physical, mental, emotional, and subtle bodies. Tias Little is a master teacher, and he brings his precise instruction to the wisdom teachings and philosophy of hatha yoga. He offers us a guided tour of the body's structure and physical anatomy, then uses this new structural awareness as grounds for exploring the subtle body. In a meaningful and pragmatic way, the book maps the connection between the body and the rich symbolism that pervades the yogic imagination, including the chakras, nadis, and koshas. We come to see how the (yoga) body cannot be seen apart from the psycho-spiritual forces that animate it. Further, Tias offers readers clear, illuminated instruction for yoga, pranayama, and meditation techniques that apply these body-mind principles. This book is essential reading for all serious students and teachers of yoga. Each chapter focuses on one of the eight key energetic anatomy centers...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

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