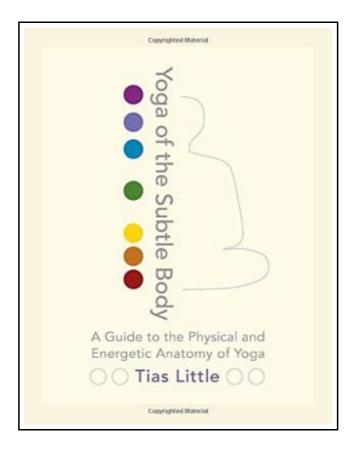
Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga



Filesize: 5.46 MB

Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

YOGA OF THE SUBTLE BODY: A GUIDE TO THE PHYSICAL AND ENERGETIC ANATOMY OF YOGA



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 bodys 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 psychospiritual 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 energeticanatomy centers of the body: feetbase, pelvis, sacrum, belly, diaphragm, heartlungs, throat, and crown. The book is organized literally from the ground up, and figuratively from physically basic to conceptualsubtle. Each chapter has a list of poses for activating and applying the lessons, guided meditations, and excerpts from yogic texts. These practical exercises allow readers to immediately integrate the chapters lessons into their practice. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

- Read Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga Online
- Download PDF Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga

Other PDFs



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Save Document »



DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind!...

Save Document »



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

Save Document »



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

Save Document »



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

Save Document »



The Ghosts of Pickpocket Plantation Pretty Darn Scary Mysteries

Gallopade International. Paperback. Book Condition: New. Paperback. 109 pages. Dimensions: 7.4in. x 5.2in. x 0.3in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an

Save PDF »



DK Readers Robin Hood Level 4 Proficient Readers

DK CHILDREN. Paperback. Book Condition: New. Nick Harris (illustrator). Paperback. 48 pages. Dimensions: 8.4in. x 5.7in. x 0.2in.Discover the rollicking exploits of Robin and his merry men as they take from the rich and give

Save PDF »



Estrellas Peregrinas Cuentos de Magia y Poder Spanish Edition

Pinata Books. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.3in. x 5.4in. x 0.6in.First ever Spanish-language edition of the critically acclaimed collection of short stories for young adults by a master of Latino literature

Save PDF »



Scholastic Discover More Penguins

Scholastic Reference. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 10.0in. x 8.0in. x 0.4in. Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the

Save PDF »



The Stories Julian Tells A Stepping Stone BookTM

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in. Julian is a quick fibber and a wishful thinker. And he is great at

Save PDF »