



Myths of the Asanas: The Stories at the Heart of the Yoga Tradition

By Alanna Kaivalya

Mandala Publishing. Paperback. Book Condition: New.

Paperback. 192 pages. Dimensions: 10.0in. x 7.1in. x

0.7in. Practitioners around the world reap the physical benefits of yoga, assuming poses and frequently calling them by their Sanskrit names. 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 is an ancient story about a god, sage, or sacred animal, much like Aesop's fables or European folktales. *Myths of the Asanas* is the first book to collect and retell these ancient stories. The myths behind yoga's spiritual tradition have the power to help students of all levels realize their full potential. Meditating on the tolerance of trees while standing in tree pose can help one become more tolerant. Learning how the disfigured sage Astavakra came to be the teacher of a king can liberate us from anxieties about 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 more than sixty beautiful illustrations to frame the stories, *Myths of the Asanas* will add a new dimension to your practice and study of yoga. This item...



READ ONLINE
[7.16 MB]

Reviews

This is the best pdf i have got go through until now. It is loaded with wisdom and knowledge I discovered this publication from my i and dad encouraged this book to find out.

-- **Aryanna Sauer**

The publication is great and fantastic. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i suggested this ebook to discover.

-- **Linnie Kling**

Other Kindle Books



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



Too Old for Motor Racing: A Short Story in Case I Didn't 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 it is too late; we have missed...



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 makes her first school-aged friend, Elizabeth, and...



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in. This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



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 can teach you a lot. Everyone who...



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 learning online. PENGUINS unlocks a free 48-page...