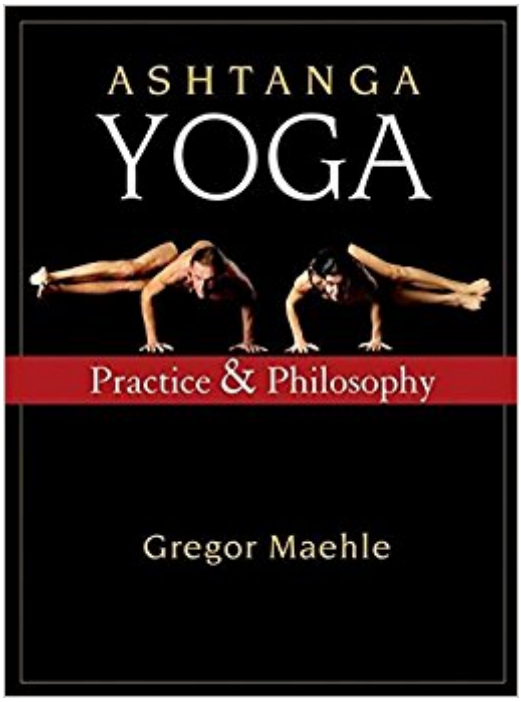
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Ashtanga Yoga: Practice And Philosophy



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Synopsis

Ashtanga 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 compassionate 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; and a glossary of yoga terminology. In 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.

Book Information

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Customer Reviews

“Gregor MaehleÃ¢â ¬â„¢s Ashtanga Yoga weaves philosophy and integrated knowledge of anatomy into our yoga practice to keep us centered in the heart of a profound tradition.Ã¢â ¬Â•— Richard Freeman, founder of the Yoga Workshop in Boulder, Colorado“A much-needed new tool for practicing yoga with greater safety in the physical form and with much greater depth in the inner form of the practice. A valuable contribution to the evolving

understanding of this profound system and method of yoga.Ã¢â ¬Â•— Chuck Miller, Ashtanga Yoga teacher, senior student of Shri K. Pattabhi Jois since 1980“If you want to keep only one book on yoga in your shop, this is the one to have.Ã¢â ¬Â•— New Age Retailer

"Gregor Maehle's Ashtanga Yoga weaves philosophy and integrated knowledge of anatomy into our yoga practice to keep us centered in the heart of a profound tradition." -- Richard Freeman, founder of the Yoga Workshop in Boulder, Colorado "A much-needed new tool for practicing yoga with greater safety in the physical form and with much greater depth in the inner form of the practice. A valuable contribution to the evolving understanding of this profound system and method of yoga." -- Chuck Miller, Ashtanga Yoga teacher, senior student of Shri K. Pattabhi Jois since 1980

Nice summery

I've been practicing Ashtanga for a couple of months now, and this book really helped me understand the importance of some details that, for a newbie like me, seemed pretty insignificant, but that are truly the cornerstones of the practice, (for example, the drishti).

Porque contiene los yoga sutras de patanjali que son escrituras sagradas de la india y verdaderamente contiene unos comentarios impresionantemente eruditos de Gregor Mahele.

Very good book! Useful, easy language!

It was all what i wanted. I really like very much this product and i totally recomend for all who loves yoga!

This book contains everything and is a helpful 'all in one' yoga bible! Great for teachers and students alike - enjoy.

Looks nothing like the photo and is not an original print- I received a photo copied version of the book with a green plastic bound cover (there were actual shadows and fuzzy lettered paragraphs on the pages, like I copied it myself) Just won't order from here again..

This book was required reading for my 200-hour yoga teacher training. This book is an amazing

resource. The book is effectively divided in half, providing detailed information on both the physical practice and philosophy of yoga in a single concise volume.The section on asana progresses through the Ashtanga Primary series and includes at minimum the sanskrit name, an English translation for the pose name, suggested drishti, a black and white photo of a practitioner in the pose and text describing how to achieve the pose and activate muscles and breath to maximize the benefits of the pose. There is an emphasis on safely achieving each pose; as appropriate, Maehle includes instructions on phases and indicators that the practitioner should pause before preceding deeper into the expression of a pose. This would be ÃƒÂ¢Ã â ¬Ã Å“enoughÃƒÂ¢Ã â ¬Ã Â•, but additional text boxes with anatomical figures and focus, yogic context, practical tips, and mythological background boxes add to learning each asana. The practical tip on lengthening the quadriceps is one IÃƒÂ¢Ã â ¬Ã â„¢ve employed on a daily basis and have seen benefit in my own practice.The Yoga Sutra translation and interpretation is good for new learners. I really appreciated that in addition to a simple translation, Maehle also provides interpretation that includes practical anecdotes and connections to concepts and cultural figures such as Hitler, Gandhi and Martin Luther King that a modern audience are likely able to recognize and associate with the sutra. Seeing connections such as sutra 1.7 (Pramana is made up of direct perception, inference and valid testimony) to somatosensory brain maps and the function of the optic nerve make a complex thought accessible and memorable.A thorough glossary, bibliography and index add to the value of this book as a reference.

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