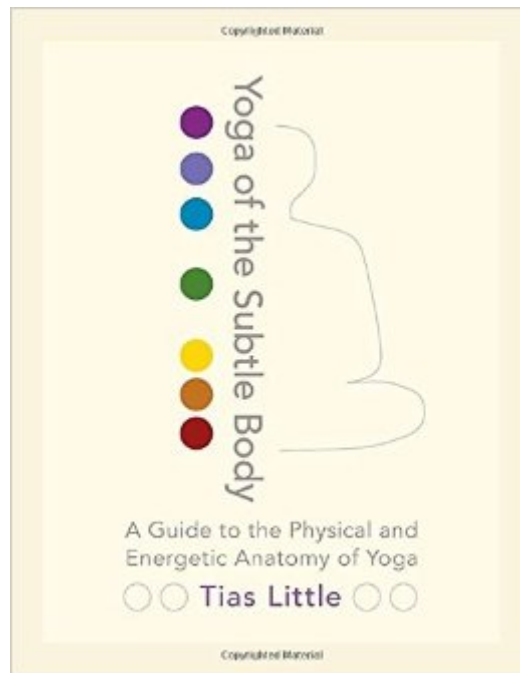


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Yoga Of The Subtle Body: A Guide To The Physical And Energetic Anatomy Of Yoga



Synopsis

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. If you spend considerable time doing yoga, you begin to see that it is about much more than just the body—the practice of yoga in fact reveals that the body is in no way separate from the psychospiritual forces that animate it. Tias Little here provides a way to understand these forces as they relate to an integrated yoga of body, mind, and spirit. He unites somatic concepts and wisdom teachings in this practical guide to the anatomy of the physical, mental, emotional, and subtle (or energetic) body. Little is a master teacher who offers us a guided tour of the body's structure and physical anatomy, then uses this new structural awareness as the basis 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. Further, Little offers readers clear, insightful yoga, pranayama, and meditation exercises that apply these body-mind principles.

Book Information

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Customer Reviews

I was truly blessed to study with Tias and his wife, Surya, at their studio in Santa Fe for three years. As my own yoga teaching career has grown, the wisdom they gave me has been a daily source of inspiration. I have often wished I could go back for a refresher, and after reading this book I feel as though I have. It is a true godsend. Tias manages to present deep spiritual and physical insight with good humor and easily understood symbology. He distills information from texts that are much more difficult to penetrate and combines it with his own invaluable observations. The result is both dense

with data and highly accessible. Whether you are a seasoned instructor, a dedicated yogi, or a novice looking for a path to self-healing, this book is a must-read.

Such a great book for those ready to take their practice to a deeper level. It is an intuitive and in-depth guide to understanding the more subtle aspects of yoga and the body that is seldom taught in mainstream yoga classes. Grounded in anatomy, physiology and yoga teaching yet filled with practice exercises to bring the theory to practical everyday use. It has really improved the depth of my knowledge and given me practical tools to become more in touch with myself and my practice. Highly recommended

This book is filled with inner wisdom and knowledge expressed colorfully and poetically as Tias Little has the unique way of doing in his teachings. It is a guide into the depth of the energetic and physical body, mind and breath. I highly recommend this book for teachers and students of yoga who want to deepen their practice and understanding of alignment and awareness of body, mind, and spirit.

hmmmm- good nourishment

Can't put this book down

I feel like I'm highlighting almost every word on every page! Unbelievably informative, and the "practice" sections are a great way to learn, really learn, what Tias is talking about.

I have not finished this book yet but it seems to be just what I had hoped it would be and I have been recommending it to other friends that teach Yoga classes in my area.

A much needed book in the world of yoga practice. Goes into detail that many yoga teachers simply do not know. Wonderfully crafted.

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