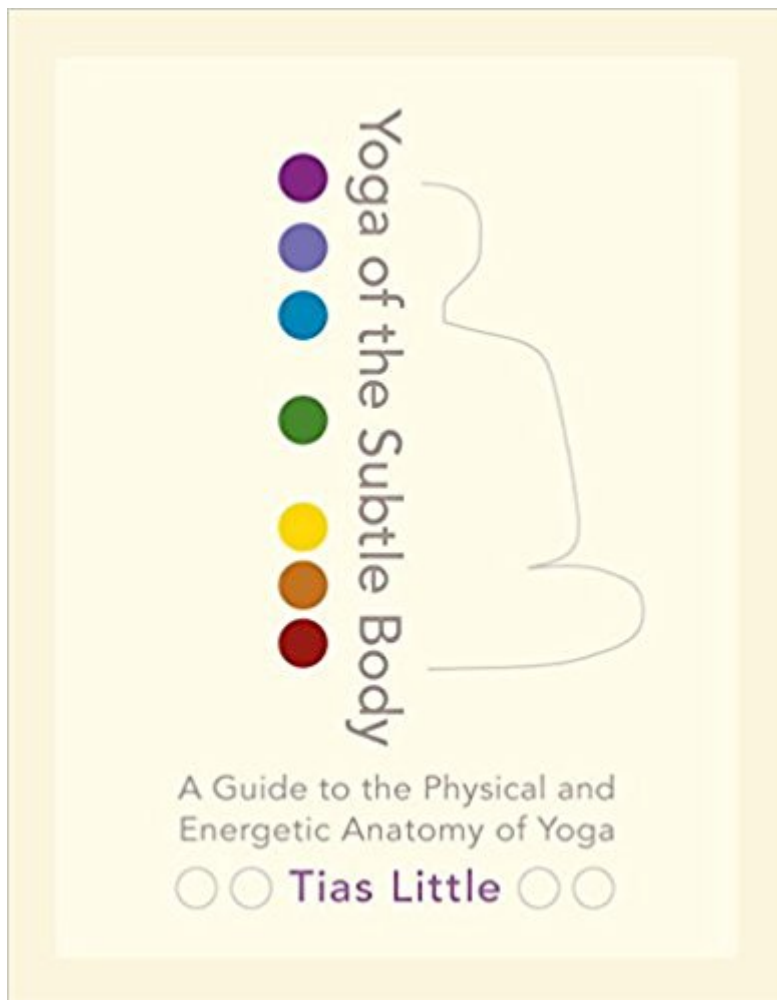




The book was found

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 bodyâ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 bodyâ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

Paperback: 304 pages

Publisher: Shambhala; 1 edition (May 17, 2016)

Language: English

ISBN-10: 1611801028

ISBN-13: 978-1611801026

Product Dimensions: 7 x 0.7 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 40 customer reviews

Best Sellers Rank: #24,692 in Books (See Top 100 in Books) #16 in Books > Religion &

Spirituality > Hinduism > Chakras #30 in Books > Health, Fitness & Dieting > Alternative

Medicine > Energy Healing #63 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

âTias Little is a necessary bridge between East and West. By being steeped in yogaâs practice, meditation, and Western anatomy, he digs deep into the mystery of beingâs and unearths the wisdom he shares in this book. This book is immediately accessibleâs to the beginner and yet will keep on delivering provocative inspirationâs throughout your lifetime. I am so happy and honored to be on the path with Tias.â Rodney Yee, author of *Moving toward Balance* âThe body and

spirit are exact mirrors of each otherâ€”a fact much more apparentÂ to the ancients than to those of us distracted by our modern materialism. TiasÂ even-handedly blends the anatomy we know today with the anatomy of the energeticÂ body. His many years of experience imbue this book with an easy authority.â€•â€”Thomas Myers, author of Anatomy Trains

TIAS LITTLEÂ™s unique and skillful approach enables students to find greater depth of understanding and awareness in their practice, both on and off the mat. His approach to the practice is inter-disciplinary, passionate, intelligent, innovative and full of insight. Tias synthesizes years of study in classical yoga, Sanskrit, Buddhist studies, anatomy, massage and trauma healing. Tias began studying the work of B.K.S Iyengar in 1984 and lived in Mysore, India in 1989 studying Ashtanga Vinyasa Yoga with Pattabhi Jois. Thus his teaching brings together precision of alignment, anatomical detail and a profound meditative experience.Â Tias is a licensed massage therapist and his somatic studies include in-depth training in cranial-sacral therapy. His practice and teaching is influenced by the work of Ida Rolf, Moshe Feldenkrais and Thomas Hanna. Tias is a long time student of the meditative arts and Buddhist studies beginning with Vipassana and continuing in Tibetan Buddhism and Zen. His teaching style is unique in being able to weave together poetic metaphor with clear instruction filled with compassion and humor. Tias earned a MasterÂ™s degree in Eastern Philosophy from St. JohnÂ™s College Santa Fe in 1998.Â Tias is the author of three books, The Thread of Breath, Meditations on a Dewdrop and Yoga of the Subtle Body.

As a beginner it's very informative but a bit over my head. I wish there were more illustrations. Some of the poses take 2 paragraphs to describe - a pic would help!

So insightful!

Love this.

wonderful and inspiring!

very interesting book. well written

excellent book

One of the very best books on the subject!! Totally accessible.

Great book. Arrived as expected.

[Download to continue reading...](#)

Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga The Subtle Body Coloring Book: Learn Energetic Anatomy--from the Chakras to the Meridians and More The Subtle Body: An Encyclopedia of Your Energetic Anatomy Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Anatomy: A Regional Atlas of the Human Body (ANATOMY, REGIONAL ATLAS OF THE HUMAN BODY (CLEMENTE)) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Verdi With a Vengeance: An Energetic Guide to the Life and Complete Works of the King of Opera Being Human: An Entheological Guide to God, Evolution, and the Fractal Energetic Nature of Reality Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic The Julia Rothman Collection: Farm Anatomy, Nature Anatomy, and Food Anatomy Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Age in Reverse: Look And Feel Younger, Be More Energetic, And Have Better Memory - Live A Long And Healthy Life How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition)

Contact Us

DMCA

Privacy

FAQ & Help