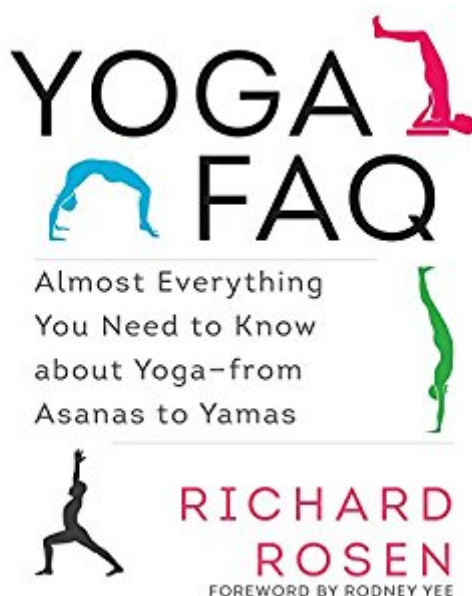


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# Yoga FAQ: Almost Everything You Need To Know About Yoga - From Asanas To Yamas



## Synopsis

Concise answers to the most commonly asked questions about yoga and illuminating little-known facts and esoteric aspects of the philosophy and practice - by renowned yogi Richard Rosen. Here are answers to all the questions that come up in your yoga practice and study! Renowned yoga teacher Richard Rosen has asked - and been asked - nearly every yoga-related question that there is, and his wonderfully practical, helpful answers will give you a thorough explanation of the tradition's key concepts and the nuts and bolts of yoga philosophy and practice, including: Yoga's main texts, including the Upanishads, Bhagavad Gita, and Yoga Sutra, among others Yamas and niyamas The subtle body - what it means and what it looks like in practice The evolution of asanas Pranayama Mudras and bandhas And much more

## Book Information

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## Customer Reviews

Incredible - nowhere will you find more information skillfully worded by an author who is clearly a practitioner, historian, master and scholar and who writes in a manner easy to understand. It captured my attention and I savored reading it each night and was sad when it ended. I would recommend it to anyone interested in yoga.

A wonderful book. When I first got it, I raced over the questions.....and delighted in seeing the variety. Now, I am reading through it slowly. Richard Rosen is an impeccable scholar and an accessible writer. His humor throughout is delightful!

Wow! this book is not only informative but fun to read

Richard Rosen's "YOGA FAQ: Almost Everything You Need to Know About Yoga - from Asana to Yama" is a portal. Through Rosen's modern lens we traverse the history and evolution of yoga from its ancient spiritual practice to its contemporary incarnation primarily as asana. Rosen is a much better Sanskritist than he realizes and his sense of wonder - as well as his realism/skepticism - is refreshing, compelling and infectious. This is the ideal book for all 200-hour yoga teacher training students and it will inspire them to go down sundry rabbit holes to discover for themselves how yoga can help them tame their egos and/or "merge with the godhead," as Eliade called it.

fine

I love this book! A must read. I appreciate its integrity, as a practitioner, teacher, and lover of yoga. Richard's writing is researched, original, funny, and wonderful. It is a refreshing way to question your answers to many yoga questions that you may take for granted, and be pleasantly surprised, that there are different answers out there. It will open your mind, touch your heart, and you will smile, more often than not. Grateful to have it in my yoga library!!!

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