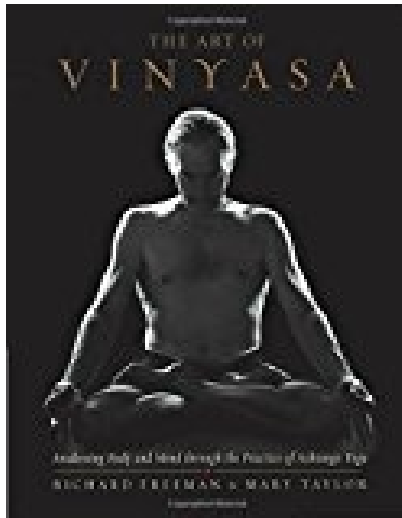


The Art of Vinyasa Awakening Body and Mind through the Practice of Ashtanga Yoga



BOOK DETAILS

- Author : Richard Freeman
- Pages : 336 Pages
- Publisher : Shambhala
- Language : English
- ISBN : 1611802792

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BOOK SYNOPSIS

The Art of Vinyasa takes a unique look at Ashtanga yoga as meditation in motion that produces profound inner change. Two of the most well-respected teachers of the Ashtanga style of yoga, Richard Freeman and Mary Taylor, explore this rigorous practice not as a gymnastic feat, but as a meditative form. They reveal that doing the practice—and particularly the vinyasa, or the breath-synchronized movements—in such a deep and focused way allows practitioners to experience a profound awakening of the body and mind. It also develops an adaptable, flexible practice that can last a lifetime. Freeman and Taylor give an in-depth explanation of form, alignment, and anatomy, and how they work together in the practice. They also present a holistic approach to asana practice that includes an awareness of the subtle breath and seamlessly merges yoga philosophy with practical technique. Unlike other books on Ashtanga, The Art of Vinyasa does not follow the linear pattern of the sequences of postures that are the hallmark of Ashtanga yoga. Instead, it interlinks the eight limbs—yama and niyama (ethical practices); asana (postures); pranayama (breathing); pratyahara (nongrasping of the senses); dharana (concentration); dhyana (meditation); and samadhi (harmony, insight)—and shows how to establish an internally rooted yoga practice.

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