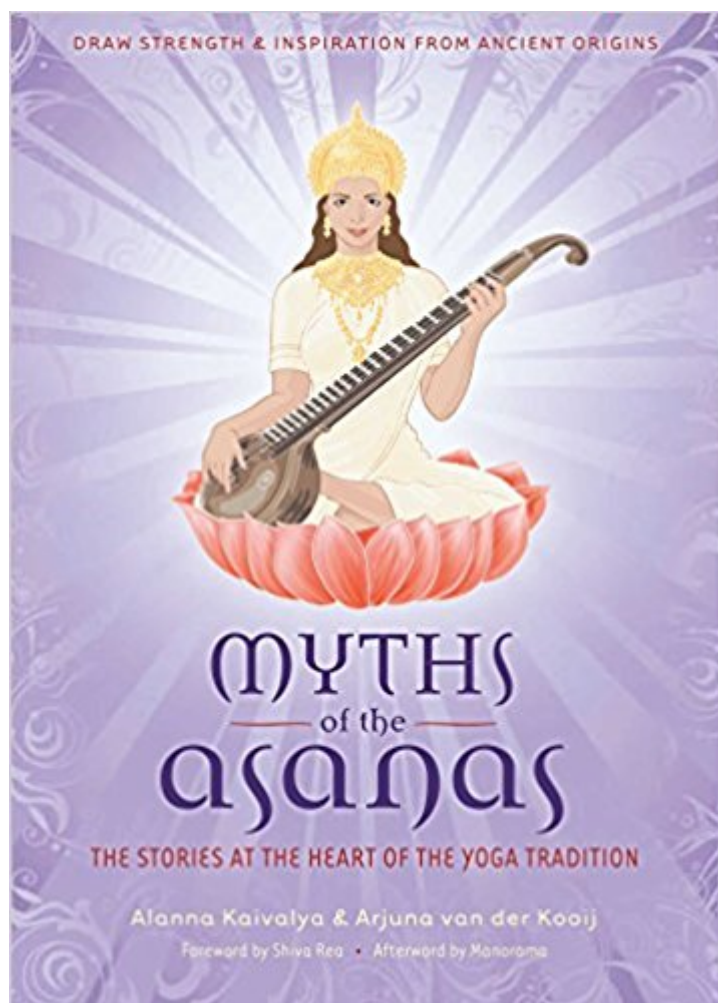


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# Myths Of The Asanas: The Stories At The Heart Of The Yoga Tradition



## Synopsis

Practitioners around the world reap the physical benefits of yoga, assuming poses and frequently calling them by their Sanskrit names. While many know that hanumanasana is named for the deity Hanuman, few understand why this is the case. Behind each asana and its corresponding movements is an ancient story about a god, sage, or sacred animal, much like Aesop's fables or European folktales. *Myths of the Asanas* is the first book to collect and retell these ancient stories. The myths behind yoga's spiritual tradition have the power to help students of all levels realize their full potential. Meditating on the tolerance of trees while standing in tree pose can help one become more tolerant. Learning how the disfigured sage Astavakra came to be the teacher of a king can liberate us from anxieties about our external appearance and our self imposed limitations. Marveling at Hanuman's devotion to Ram can serve as a source of spiritual strength and determination. With more than sixty beautiful illustrations to frame the stories, *Myths of the Asanas* will add a new dimension to your practice and study of yoga.

## Book Information

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## Customer Reviews

Alanna and Arjuna moved down an amazing road of story and myth that truly enhances our yogic lessons. Some of the nuances of ethics, posture, breath, and meditation can only be touched through metaphor and mythology and we thank them for taking us on this journey.

Rodney Yee, instructor & co-director of Piedmont Yoga Studio

What I love most about this treasure of a book is that it faithfully reminds me of the roots behind our modern day approach to yoga. I am truly grateful to Alanna and Arjuna for providing us with such a

delightfully accessible handbook on the vibrant history of our practice.~•~;Rusty Wells, instructor & founder of the Urban Flow Yoga Studio~147;Myths of the Asanas has a lyrical essence that comes forth in its story telling.~•~;Ana Forrest, founder of Forrest Yoga

Alanna Kaivalya, also known as "The JivaDiva," produces the JivaDiva Yoga Jam podcast, which has been heard by over a million people worldwide. In March 2008, Yoga Journal named Alanna one of the top twenty teachers under forty. She is a contributing writer to Yoga Journal, she regularly teaches at Yoga Journal conferences. She lives in New York City.

I've only read a few of the myths, but it's really neat to read about the stories behind the names of the poses. There's more to yoga than just getting your body into a shape! Enjoy the stories, and learn more about yoga in the process.

arrived in great condition.

The stories are short and sweet ( I thought they would be more involved) but they are good nonetheless and useful to have the knowledge of where and what these poses represent. I was hoping for a little more with the imagery since this is a mandala publishing and they have some fairly awesome publications with wonderful images but nevertheless good book.

Beautifully told tales. Once I finished, I immediately started over again so the information could sink in deeper. These stories have changed my yoga practice and I have shared my favorite myths with friends who have not practiced yoga yet. Because of my sharing, they are now interested!

i really thought this book was inspirational for a yogi like myself. a lot of ppl practice yoga but don't have a clue about the origins of where the postures and poses come from. knowing the story of hanuman just makes struggling to get fully into hanumanasana more meaningful for me, for example. the author's thoughts are nicely integrated as well, and offer some words that have further inspired my practice. definitely a good one for yogis that are in it for more than just the good workout!

I love this book. It is full of so much information.

I've been looking for a book that describes the history of yoga rather than just the physical aspects. This book goes into detail on some of the asana positions and their backgrounds. It's beautifully put together, and I'm very happy I bought it. Fast shipping too! Thank you.

It was great to finally find a book that breaks down the story for a lot of the yoga asana's in a crisp, concise way, all in one place. I love this book and as a yoga teacher, it is a great resource for theming my classes. For my latest class, our peak pose was Hanumanasana, and it was lovely to incorporate the story from these pages, as well as a few quotes. I will use this book again and again as a yoga teacher.

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