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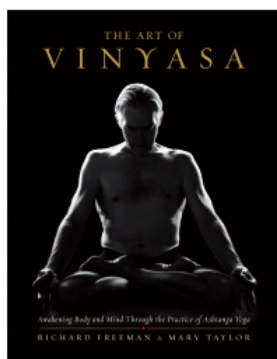*Publications*

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The Art of Vinyasa
Awakening Body and Mind through the Practice of
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by Richard Freeman, Mary Taylor

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DESCRIPTION

The Art of Vinyasa is an essential guide to practicing yoga as a meditation in motion. Richard Freeman and Mary Taylor present a radical approach to the form of Ashtanga yoga—one that is based on the subtle internal forms of the practice. When practiced in this way, Ashtanga yoga—and particularly the vinyasa, or the conversation of complementary opposites—allows practitioners to experience a deep and focused awakening.

Where Ashtanaga yoga is usually practiced in a set sequence of postures, in this book those same movements and poses are broken down by their form: Standing Poses, Forward Bends, Backbends, Twists, Balancing Poses, and Finishing Poses. Alignment, anatomy, and imagination—these are the beads that string together the asana, which in turn reveals the direct experience of the nature of both the body and the mind. With warmth, humor, and wisdom, Freeman and Taylor provide the groundwork for establishing an internally rooted yoga practice that goes far beyond the mat and into the core of one's life.

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