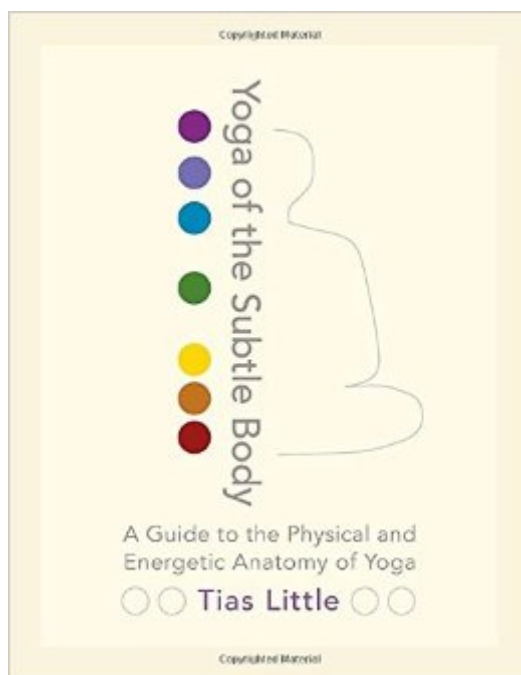


The book was found

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: 7.1 x 0.7 x 9 inches

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

Average Customer Review: 4.9 out of 5 starsÂÂ See all reviewsÂ (15 customer reviews)

Best Sellers Rank: #8,868 in Books (See Top 100 in Books) #33 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

I was truly blessed to study with Tias and his wife, Surya, at their studio in Santa Fe for three years. As my own yoga teaching career has grown, the wisdom they gave me has been a daily source of inspiration. I have often wished I could go back for a refresher, and after reading this book I feel as though I have. It is a true godsend. Tias manages to present deep spiritual and physical insight with good humor and easily understood symbology. He distills information from texts that are much more difficult to penetrate and combines it with his own invaluable observations. The result is both dense

with data and highly accessible. Whether you are a seasoned instructor, a dedicated yogi, or a novice looking for a path to self-healing, this book is a must-read.

Such a great book for those ready to take their practice to a deeper level. It is an intuitive and in-depth guide to understanding the more subtle aspects of yoga and the body that is seldom taught in mainstream yoga classes. Grounded in anatomy, physiology and yoga teaching yet filled with practice exercises to bring the theory to practical everyday use. It has really improved the depth of my knowledge and given me practical tools to become more in touch with myself and my practice. Highly recommended

This book is filled with inner wisdom and knowledge expressed colorfully and poetically as Tias Little has the unique way of doing in his teachings. It is a guide into the depth of the energetic and physical body, mind and breath. I highly recommend this book for teachers and students of yoga who want to deepen their practice and understanding of alignment and awareness of body, mind, and spirit.

hmmmm- good nourishment

Can't put this book down

I feel like I'm highlighting almost every word on every page! Unbelievably informative, and the "practice" sections are a great way to learn, really learn, what Tias is talking about.

I Have not finished this book yet but it seems to be just what I had hoped it would be and I have been recommending it to other friends that teach Yoga classes in my area.

A much needed book in the world of yoga practice. Goes into detail that many yoga teachers simply do not know. Wonderfully crafted.

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

Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras,

meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) 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) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) 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 Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) How to Communicate with Your Spirit Guides: Connecting with Your Energetic Allies for Guidance and Healing BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Tao, the Subtle Universal Law and the Integra: Second Edition Persuasion: The Subtle Art: How to Influence People to Always Get YOUR Way and What YOU Want (Persuasion, Influence, Hypnosis, Psychology, Compliance Gaining, Human Behavior, Mind Hacks, Book 4) His Dark Materials: The Golden Compass / The Subtle Knife / The Amber Spyglass Lean Marketing for Small Law Firms: 100 Free Marketing Strategies for Gen Y Lawyers: Part II: Subtle Shifts that Make a Difference The Difficulty of Being Good: On the Subtle Art of Dharma At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth

[Dmca](#)