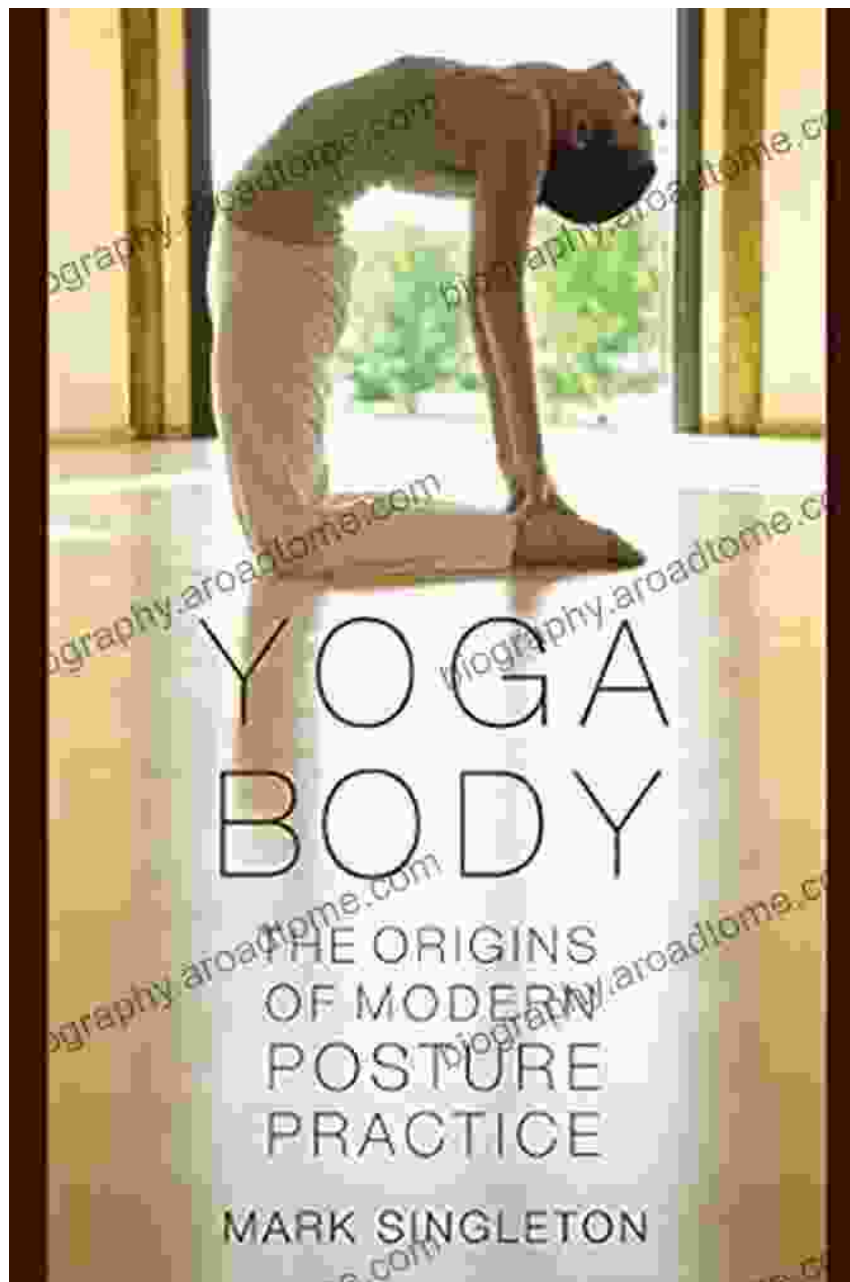


Embark on a Journey to the Origins of Modern Yoga: Unleashing the Secrets of Yoga Body

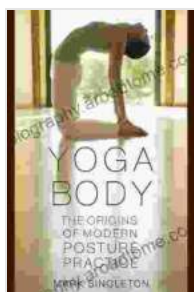


By Mark Singleton

In his groundbreaking book, "Yoga Body: The Origins of Modern Posture Practice," Mark Singleton takes us on a captivating journey to the very

origins of modern yoga as we know it today. This meticulously researched work uncovers the fascinating history and evolution of yoga postures, shedding new light on the foundational principles that have shaped this transformative practice.

Through a comprehensive examination of ancient texts, historical documents, and the teachings of renowned yoga masters, Singleton reveals the profound influences that have molded modern yoga posture practice. From the ancient sages of India to the transformative teachings of T. Krishnamacharya and B.K.S. Iyengar, we discover the lineage of knowledge that has guided yoga's evolution over centuries.



Yoga Body: The Origins of Modern Posture Practice

by Mark Singleton

★★★★☆ 4.4 out of 5

Language : English

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Lending : Enabled

File size : 7984 KB

Screen Reader : Supported

Print length : 259 pages

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More than just a historical account, "Yoga Body" is an invaluable resource for yoga practitioners of all levels. Singleton's in-depth exploration of yoga anatomy and alignment provides a practical understanding of how to execute postures correctly and safely. With clear instructions and detailed illustrations, he empowers readers to refine their practice, deepen their

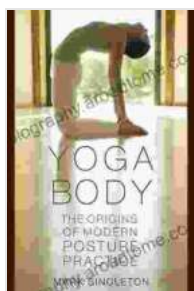
understanding of yoga's biomechanics, and unlock its full potential for physical and mental well-being.

Beyond the physical realm, "Yoga Body" delves into the philosophical underpinnings of yoga, exploring its profound connection to the mind, breath, and spirit. Singleton weaves together ancient wisdom and contemporary insights to reveal the transformative power of yoga as a holistic practice that encompasses the body, mind, and soul.

Whether you are a seasoned yoga practitioner seeking to deepen your knowledge or a newcomer eager to discover the roots of this ancient tradition, "Yoga Body" is an indispensable guide. It is a treasure trove of invaluable insights, practical guidance, and historical wisdom that will inspire you to unlock the transformative power of yoga in your own life.

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Singleton, Mark. "Yoga Body: The Origins of Modern Posture Practice." North Atlantic Books, 2010.



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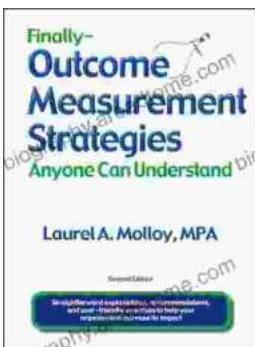
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