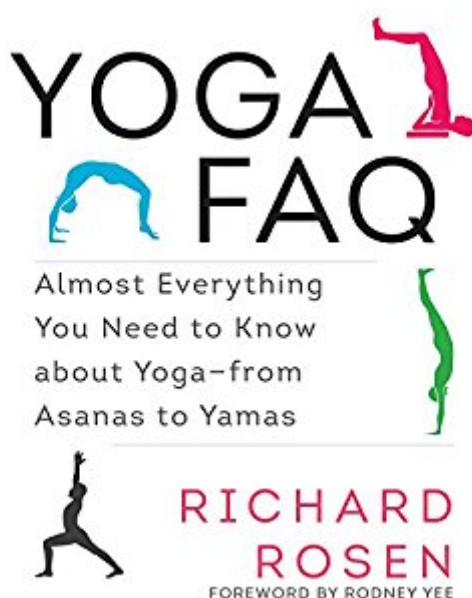


The book was found

# Yoga FAQ: Almost Everything You Need To Know About Yoga - From Asanas To Yamas



## Synopsis

Concise answers to the most commonly asked questions about yoga and illuminating little-known facts and esoteric aspects of the philosophy and practice - by renowned yogi Richard Rosen. Here are answers to all the questions that come up in your yoga practice and study! Renowned yoga teacher Richard Rosen has asked - and been asked - nearly every yoga-related question that there is, and his wonderfully practical, helpful answers will give you a thorough explanation of the tradition's key concepts and the nuts and bolts of yoga philosophy and practice, including: Yoga's main texts, including the Upanishads, Bhagavad Gita, and Yoga Sutra, among others Yamas and niyamas The subtle body - what it means and what it looks like in practice The evolution of asanas Pranayama Mudras and bandhas And much more

## Book Information

Audible Audio Edition

Listening Length: 10 hours 14 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: February 28, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B06X9Y8B21

Best Sellers Rank: #71 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #181 in Books > Audible Audiobooks > Health, Mind & Body > Health #465 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

Incredible - nowhere will you find more information skillfully worded by an author who is clearly a practitioner, historian, master and scholar and who writes in a manner easy to understand. It captured my attention and I savored reading it each night and was sad when it ended. I would recommend it to anyone interested in yoga.

A wonderful book. When I first got it, I raced over the questions.....and delighted in seeing the variety. Now, I am reading through it slowly. Richard Rosen is an impeccable scholar and an accessible writer. His humor throughout is delightful!

Wow! this book is not only informative but fun to read

Richard Rosen's "YOGA FAQ: Almost Everything You Need to Know About Yoga - from Asana to Yama" is a portal. Through Rosen's modern lens we traverse the history and evolution of yoga from its ancient spiritual practice to its contemporary incarnation primarily as asana. Rosen is a much better Sanskritist than he realizes and his sense of wonder - as well as his realism/skepticism - is refreshing, compelling and infectious. This is the ideal book for all 200-hour yoga teacher training students and it will inspire them to go down sundry rabbit holes to discover for themselves how yoga can help them tame their egos and/or "merge with the godhead," as Eliade called it.

fine

I love this book! A must read. I appreciate it's integrity, as a practitioner, teacher, and lover of yoga. Richard's writing is researched, original, funny, and wonderful. It is a refreshing way to question your answers to many yoga questions that you may take for granted, and be pleasantly surprised, that there are different answers out there. It will open your mind, touch your heart, and you will smile, more often than not. Grateful to have it in my yoga library!!!

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

Yoga FAQ: Almost Everything You Need to Know about Yoga - from Asanas to Yamas Stephen King Films FAQ: All That's Left To Know About the King of Horror on Film (FAQ Series) Twin Peaks FAQ: All That's Left to Know About a Place Both Wonderful and Strange (FAQ Series) Black Sabbath FAQ - All That's Left to Know on the First Name in Metal (Faq Series) Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Law 101: Everything You Need to Know About American Law (Law 101: Everything You Need to Know about the American Legal System) Everything You Need to Know When Someone You Know Has Been Killed (Need to Know Library) How to Make Kombucha: Everything You Need to Know , How to Make Kombucha at Home, Most Delicious Kombucha Recipes, Simple Methods, Useful Tips, Common Mistakes, FAQ Everything You Need to Know about Yoga: An Introduction for Teens (Need to Know Library) The Yamas & Niyamas: Exploring Yoga's Ethical Practice You Don't Know What You Don't Know: Everything You Need to

Know to Buy or Sell a Business Yoga: 100 Key Yoga Poses and Postures Picture Book for  
Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness  
(Yoga ... Books) (Meditation and Yoga by Sam Siv 3) 2,100 Asanas: The Complete Yoga Poses  
Asanas: 608 Yoga Poses Myths of the Asanas: The Stories at the Heart of the Yoga Tradition The  
Chicken Whisperer's Guide to Keeping Chickens: Everything You Need to Know . . . and Didn't  
Know You Needed to Know About Backyard and Urban Chickens Everything You Need to Know  
about Down Syndrome (Need to Know Library) Everything You Need to Know About Organic Foods  
(Need to Know Library) Everything You Need to Know About the Dangers of Computer Hacking  
(Need to Know Library) Everything You Need to Know about Mononucleosis (Need to Know Library)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)