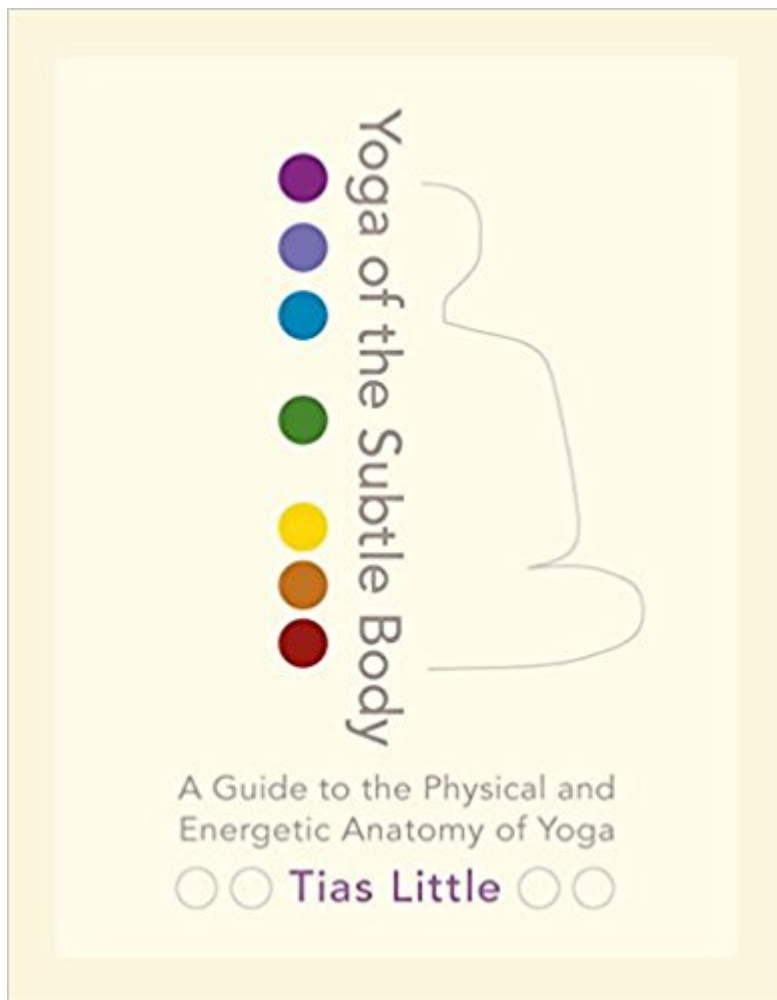




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Yoga Of The Subtle Body: A Guide To The Physical And Energetic Anatomy Of Yoga



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 body— 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 body'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.

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Customer Reviews

“Tias Little is a necessary bridge between East and West. By being steeped in yoga practice, meditation, and Western anatomy, he digs deep into the mystery of being and unearths the wisdom he shares in this book. This book is immediately accessible to the beginner and yet will keep on delivering provocative inspiration throughout

your lifetime. I am so happy and honored to be on the path with Tias. — Rodney Yee, author of *Moving toward Balance* — “The body and spirit are exact mirrors of each other — a fact much more apparent — to the ancients than to those of us distracted by our modern materialism. Tias — even-handedly blends the anatomy we know today with the anatomy of the energetic — body. His many years of experience imbue this book with an easy authority. — Thomas Myers, author of *Anatomy Trains*

TIAS LITTLE —,s unique and skillful approach enables students to find greater depth of understanding and awareness in their practice, both on and off the mat. His approach to the practice is inter-disciplinary, passionate, intelligent, innovative and full of insight. Tias synthesizes years of study in classical yoga, Sanskrit, Buddhist studies, anatomy, massage and trauma healing. Tias began studying the work of B.K.S Iyengar in 1984 and lived in Mysore, India in 1989 studying Ashtanga Vinyasa Yoga with Pattabhi Jois. Thus his teaching brings together precision of alignment, anatomical detail and a profound meditative experience. — Tias is a licensed massage therapist and his somatic studies include in-depth training in cranial-sacral therapy. His practice and teaching is influenced by the work of Ida Rolf, Moshe Feldenkrais and Thomas Hanna. Tias is a long time student of the meditative arts and Buddhist studies beginning with Vipassana and continuing in Tibetan Buddhism and Zen. His teaching style is unique in being able to weave together poetic metaphor with clear instruction filled with compassion and humor. Tias earned a Master —,s degree in Eastern Philosophy from St. John —,s College Santa Fe in 1998. — Tias is the author of three books, *The Thread of Breath*, *Meditations on a Dewdrop* and *Yoga of the Subtle Body*.

As a beginner it's very informative but a bit over my head. I wish there were more illustrations. Some of the poses take 2 paragraphs to describe - a pic would help!

So insightful!

Love this.

wonderful and inspiring!

very interesting book. well written

excellent book

One of the very best books on the subject!! Totally accessible.

Great book. Arrived as expected.

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