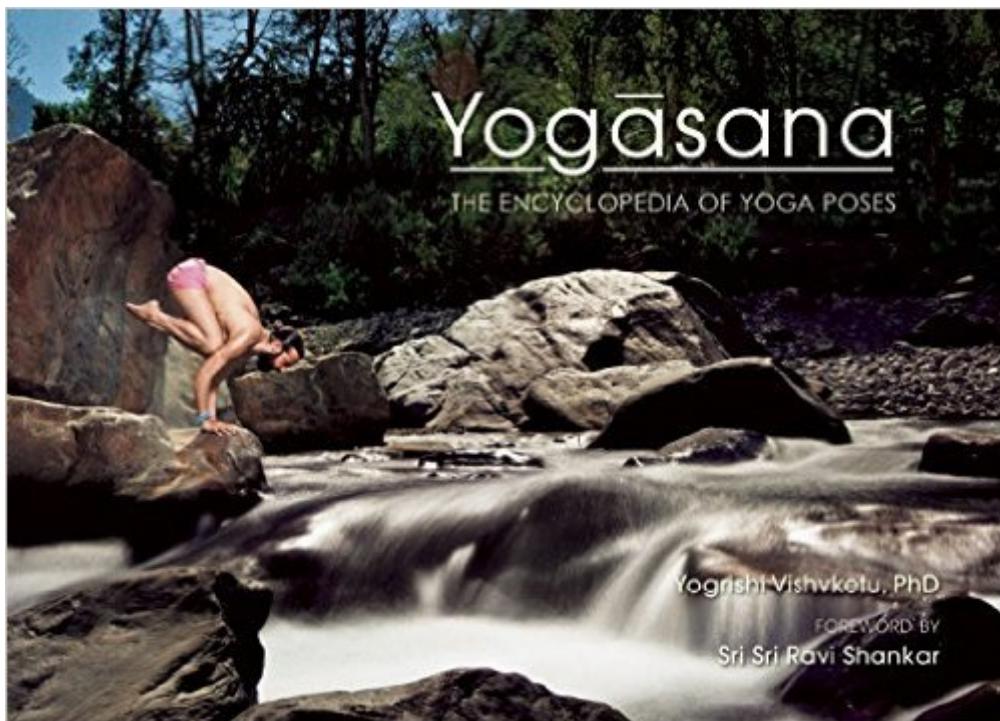


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# Yogasana: The Encyclopedia Of Yoga Poses



## Synopsis

Filled with chakra activation charts, images and descriptions of over eight hundred poses, and Sanskrit translation guides, this comprehensive encyclopedia makes the spirituality, practice, and language of yoga more accessible than ever before. Packed with over eight hundred individual poses performed by renowned practitioner Yogrishi Vishvketu, *Yogasana: The Encyclopedia of Yoga Poses* is the most comprehensive yoga asana guide to date. With poses adapted to every skill level, the encyclopedia is an invaluable resource for both the yoga novice and the studio owner.

Nearly a millennium ago, the hatha yoga tradition included over seven hundred thousand yoga poses. Today, only a fraction of those are known. Yogi Vishvketu, a lifelong yoga devotee, bridges that gap by connecting modern poses to their ancient roots with an intuitive naming system that fuses past with present. Thorough translation charts which provide pose names in Sanskrit script along with transliterations in Sanskrit and English help practitioners gain an understanding of the relationship between the name and the spiritual significance of each pose. The energetic essence of each asana is unveiled through a detailed chakra chart and graphic indicators depicting the chakras activated by that pose. With poses organized into a logical sequence with roots in the traditional Himalayan system and enhanced by Yogi Vishvketu's decades of practice, this yoga compendium showcases the asanas, the language, and the spiritual path of yoga together in a single, all-inclusive volume.

## Book Information

Paperback: 304 pages

Publisher: Mandala Publishing (October 13, 2015)

Language: English

ISBN-10: 160887656X

ISBN-13: 978-1608876563

Product Dimensions: 9.2 x 1 x 6.5 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (7 customer reviews)

Best Sellers Rank: #377,044 in Books (See Top 100 in Books) #188 in Books > Religion & Spirituality > New Age & Spirituality > Reference #570 in Books > Reference > Encyclopedias & Subject Guides > Religion #787 in Books > Religion & Spirituality > Hinduism

## Customer Reviews

I have a large collection of yoga books - but I have not come across anything like this before. It is

the most comprehensive listing of yoga poses - well-researched to present the accurate Sanskrit name, the English translation, the Chakra that it activates, and clear photography of how to do the pose. Only a Himalayan Yoga Master such as the author would have the knowledge and physical ability to demonstrate these poses in such an accessible way for the rest of us. This is an essential reference book for any practitioner of yoga, and I would also imagine that any serious yoga center/studio would need to have this in their collection. And as a great bonus, there are some breathtaking photos of Yogrishi Vishvketu doing yoga poses in beautiful nature locations around the world.

Wonderful reference and guide to yoga poses. I found the Sanskrit to English diagram of the body and the translations very interesting and they add relevance and logic to using the Sanskrit names of the poses in ones practice. I also found the notation for each pose showing which Chakras are balanced and effected by the pose to be insightful and useful. I was delighted that there is wheel chart showing the classical sun salutation at the very back of the book. Yogrishi Vishvketu is a wonderful yogi and I encourage you to seek him out to study with him at his Anand Prakash Ashram in Rishikesh, India or at one of his workshops held in various places around the world (usually Canada in the summer). Your body and your yoga practice will thank you!

This is a great go-to yoga encyclopedia for all levels of yogi's/yogini's, with its concise description of poses with the corresponding chakra activations, and descriptive charts, and some sequence variations at the end of book. All honoring the Hatha tradition and Sanskrit pronunciations .Beautiful photo's as well.Thank You Vishvaji For this beautiful encyclopedia of Yoga Poses!.Very grateful to be a student of yours!

This book is fantastic. The variety of poses is incredible. I love this book for working out sequences and working new poses into my own practice. The book is very easy to use with beautiful illustrations and clear Sanskrit translations, plus each pose is accompanied by a chart of which chakras are stimulated by the pose. Each pose is well illustrated and you can see how each pose can transition to a deeper variation or a simpler pose with many variations of each pose demonstrated. There are many artistic portraits throughout the book with inspiring writing from Yogrishi Vishvketu. Akhanda Yoga is a wonderful authentic yoga which will bring lots of love and light to the practitioner, no matter what the level of expertise is. I use this book as an encyclopedia and for inspiration. Yogrishi Vishvketu is the real deal. I highly recommend his teachings which are

filled with wisdom, love, and laughter.

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