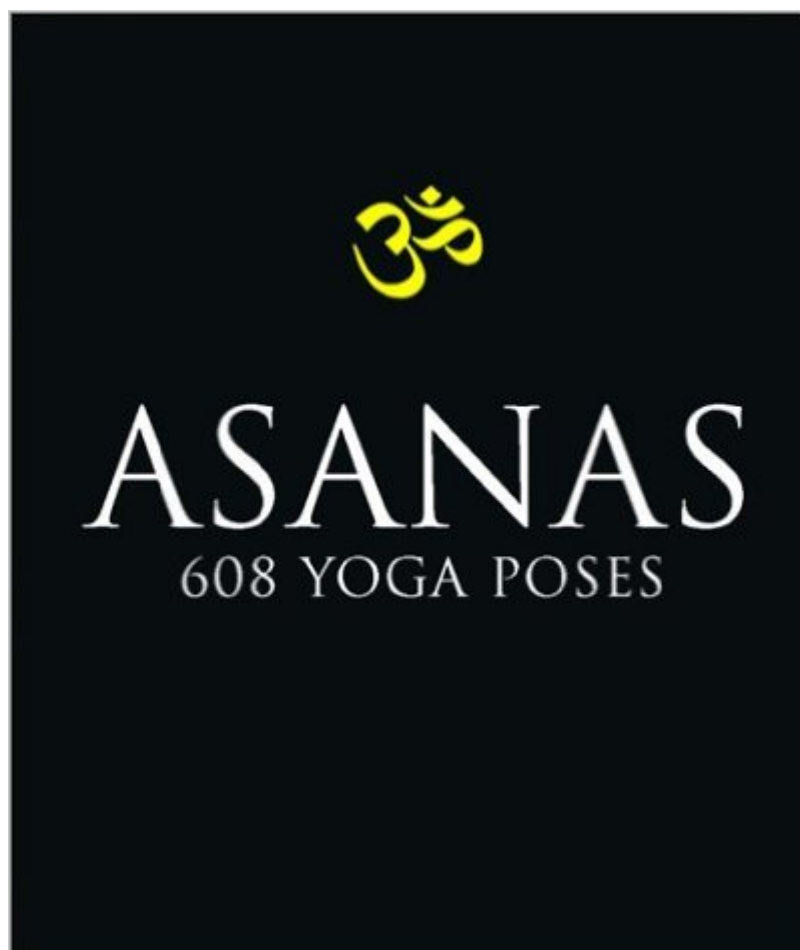


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# Asanas: 608 Yoga Poses



## Synopsis

Asanas: 708 Yoga Postures is the most comprehensive illustrated guide to classic hatha yoga ever published. There is absolutely nothing like it currently available. In 1974, legendary "teacher of teachers" yogi Dharma Mittra created the Ultimate Yoga Chart as an offering to his guru, Swami Kailashananda (Yogi Gupta). Setting up a camera in his New York City studio, Dharma Mittra photographed himself in 908 yoga postures, sometimes snapping the picture by holding the trigger between his teeth. He then printed each of the photos as an 8 x 10, and then pasted them together and finally produced a poster of all the postures. The effect is like an Escher drawing: you can't tell what is shown until you get very close, but the picture seems to move and evolve as you watch. Asanas is a stylish, design-driven book that -- for the first time ever -- collects these black and white photographs and provides brief commentary.

## Book Information

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## Customer Reviews

Pictures say more than words. These 608 pictures truly does. For the Intermediate to the Advanced student, you don't really need a descriptive guide - the pictures tell you all. This is going to be an inspiration to me all the time. For the great price .com offers, think no further. Just buy it and your Yoga practise is bound to get more inspired. The size of the book (small) is a plus as you can carry it along even on your vacation. The quality of the pictures is not going to impress the aesthetically prone, but the point is the variety of asanas come out quite well with few words! Dharma Mittra put Yoga to work in the form of Karma (Yoga), when he spent time and effort in photographing himself

and distributing it to the public (I have read he did this free). Pure, selfless action results in such works that will stand the test of time!

I have watched Dharma Mitra`s incredible poses live and through his poster, and I have wished to scrutinize each under magnification and learn from each pose to the fullest. My wish came true. This book is an incredible reference and inspiration, covering the full scope of hatha yoga (many poses come as a surprise even to the experienced). There are beautiful introductions to the chapters written by Dharma. Otherwise, the focus is simply and brilliantly on the asana (1 per page- one can also interestingly use this as an animated "flip book" to better understand Dharma`s movement in the sequences). There are no distractions of accessory text or excessive design on these pages. Although the book has a contemporary look, I feel at times I am viewing an ancient book on yoga...and I realize in many ways I am. We are told the best path to perfecting our hatha yoga practice is to watch a yogi master practice to perfection and then emulate them. Here is our opportunity.

Dharma`s little pocket book (it fits in my purse), much like his poster, is truly an inspiration. It reminds me of Light on Yoga without the explanations and would be a wonderful companion to this book. Much like Iyengar in Light on Yoga there is something about either Dharma`s expression or body language that demonstrates a deep devotion. You can tell that Dharma sees the yoga postures as a dedication. Truly a work of art and devotion.

This is a beautiful book which should have been made years ago of the most important Yoga teacher in New York City . The photos are clear and inspiring. The format of the book is simple, beautiful, and pocket friendly. It is direct and to the point. Thank you publishers and Shri Dharma Mitra

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Asanas collects 608 of black-and-white photographs, each accompanied by the English name of the pose and the Sanskrit characters, brief commentary, and specific combinations for Vinyasa, Ashtanga, and Iyengar practice. There are suggestions for beginning, intermediate, and advanced yoga practitioners, as well as a list of poses beneficial for particular health problems and chakra relationships. Because it builds on basic postures, Asanas will appeal to students of any of the 100 yoga styles. This would make a wonderful gift for anyone who is interested in yoga.

As Dharma's name implies, he has devoted his life to the selfless service of others. As he explains in the book, he painstakingly created these photographs as an offering to his guru, Swami Kailashananda, in order to document the ancient asanas. Many of them had only been described in written form, but had never been illustrated before. In executing this monumental undertaking, Dharma not only served his guru, but served all yogis and yoginis for generations to come, who wish to study the eight limbs of yoga. While the majority of the photos were taken circa 1975, some of the original negatives were lost, and he recently had to retake some of the photos for the book. Looking at the more current photos is the strongest possible testament to the benefits of leading a life of yoga and selfless servitude. This book is both educational and inspiring.

Horrible as a digital copy, its only available on the cloud not even the kindle. I still trying to figure out how to get my money back. Not worth the \$12. I bought thinking I would have it on my kindle as reference when doing Yoga on the go (traveling) but turns out I have to be logged onto the internet to view the book.

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