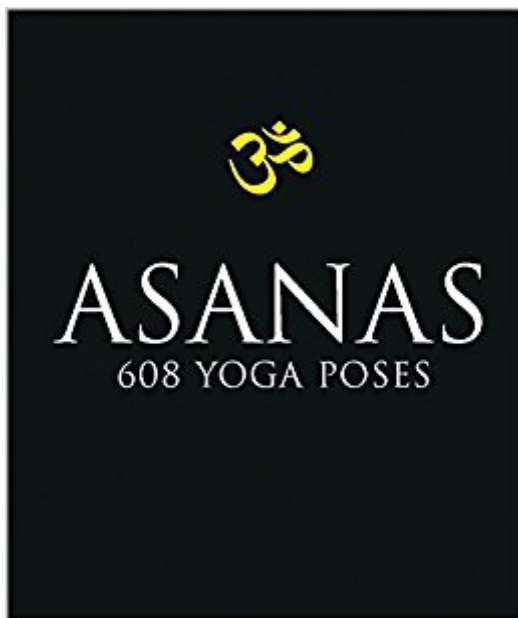


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# Asanas: 608 Yoga Poses



## 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

The introduction offers some very insightful words, and the photographs of the poses are beautifully done. I wish that the pages contained detailed descriptions of the dynamics of each posture, but if you are an experienced hatha yoga practitioner, these can be ascertained by studying the photographs. It will be harder for a new yoga practitioner to get benefits from this book because of the lack of descriptions. That being said, the book is still inspiring and will become a great resource for the beginner who intends to stay with yoga. The images of a man in only a small amount of clothing shouldn't be an issue if you are an adult and don't see something shameful in the human

body. Perhaps the reviewers who took issue with a man in a speedo-style garment should look beyond only one part of his anatomy and realize that the lack of clothing allows us to really see and study the form of the postures.

This little book has been sitting on my shelf for a while, I pick it up from time to time for inspiration. Sometimes I flip through the pages quickly to see Shri Dharma Mittra come to life in my hands, twisting, reaching, inverting, and folding. The simplicity of the black and white photos bring to life the power of the yoga practice. Asana: 608 Yoga Poses is a study of the third limb of yoga, asana or the physical poses. The exercise slice of the bigger pie of the yogic life that purifies and tones the body in preparation for pranayama (breath control exercises) and meditation, which ultimately lead to Self Realization. In 1983, Dharma Mittra took these 908 pictures of himself in asana, both in preparatory positions and in the full expression of them. He then lined up the pictures on a piece of cardboard for the famous poster. In 2003, he worked with editors to put the book together into 608 poses and had to retake some of the shots due to negative damage. So there is slight variations in the tone of the pictures, which adds a very subtle brightening and softening as you progress through the book. There is less than 25 pages of text amongst 668 pages. There are no instructions on how to do the poses. The words Dharma Mittra has written are an uncomplicated explanation of why and how we should practice yoga. The images truthfully tell the ability of the capability of the human body. This is a must have for the yoga practitioner.

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.

Ok, so it depends on what you are wanting from this book. It is basically this: A small book with glossy images of poses (black background with white image) and the name of the pose. There is nothing else written beyond an introduction. As a yoga teacher, I flip thru this occasionally for inspiration (although most of this is too advanced for my students.) It's kind of a novelty; not sure I'd purchase it again.

The photos are of VERY poor quality. And there really aren't 608 poses! Each photo is numbered, but some of those are just front/back/side views of the same pose! So it's sort of a lie. Also, I got the

Kindle edition thinking I could then view it on my computer using my Kindle app, only to find out that, for some reason, this particular book will only open on the Kindle, and NOT on the computer. Pretty disappointing.

I got this because I'm seriously thinking about becoming a yoga teacher, and this was a simple reference. It's just a series of pictures of all the yoga positions you really need unless you intend to spend the rest of your life in an ashram. It's not fancy, being all in black and white, and the guy who does the positions is really too well-endowed to be wearing that little panty but for the price it's a good, simple reference.

Great set of poses from a historic style. Some of the postures are done different from the styles I'm familiar and the sanskrit names are somewhat different at times. But it is a wonderful set of ideas to enhance your creativity and broaden your practice. As a teacher, I often browse this for more asanas.

I love this book because the man in the pictures is in a speedo/tighty whiteys....which NORMALLY I wouldn't write home about but in some of the poses you can really see some definition of whats under those undies. Its too funny not to love. This book is amazing and I suggest it to anyone!

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