

## Asanas 608 Yoga Poses

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### Asanas 608 Yoga Poses

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).

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The wonderful thing about Asanas: 608 Yoga Postures: 708 Yog This book challenges the mind and body, strengthening both with discipline. I found some of Dharma's poses a bit intimidating at first, but because of his clear explanations of how to be ONE with yoga, the poses led me to be patient in achieving the highest level of yoga meditation.

### Asanas: 608 Yoga Postures by Dharma Mittra

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.

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Miscellaneous Asanas, 608 Poses by Dharma Mittra. Click image to see large animation using pictures from the book (Pictures in book are much sharper but the animation is still cool). Dharma's book takes 608 poses mostly from the poster, but some recently photographed and gives them to you in a larger size, 4"x5" and in clearly organized sections.

### 608 Asanas - Book by Sri Yogi Dharma Mittra

Buy Asanas: 608 Yoga Postures: 708 Yoga Postures Illustrated by Mittra, Dharma (ISBN: 9781577314028) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Asanas collects 608 of those 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. Because it builds on basic postures, Asanas will appeal to students of any of the 100 yoga styles.

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