



The Language of Yoga

Complete A-to-Y Guide to Asana Names, Sanskrit Terms, and Chants

The Language of Yoga is a definitive guide to the asana (physical postures) limb of yoga. This edition contains more than 200 illustrated yoga postures with both English and Sanskrit names. Additional yoga-related Sanskrit terms and over a dozen common chants and sutras round out the content. Audio pronunciation guides help readers gain the knowledge, confidence, and precision of mastering the Sanskrit names and chants correctly. Written by a respected Sanskrit scholar, The Language of Yoga is a perfect tool to help edify and empower yoga students (and teachers) on their path to deepening their yoga practice. (1591792819)

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