



The Art of Vinyasa: Awakening Body and Mind through the Practice of Ashtanga Yoga

Richard Freeman, Mary Taylor

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The Art of Vinyasa takes a unique look at Ashtanga yoga as meditation in motion that produces profound inner change. Two of the most well-respected teachers of the Ashtanga style of yoga, Richard Freeman and Mary Taylor, explore this rigorous practice not as a gymnastic feat, but as a meditative form. They reveal that doing the practice—and particularly the vinyasa, or the breath-synchronized movements—in such a deep and focused way allows practitioners to experience a profound awakening of the body and mind. It also develops an adaptable, flexible practice that can last a lifetime. Freeman and Taylor give an in-depth explanation of form, alignment, and anatomy, and how they work together in the practice. They also present a holistic approach to asana practice that includes an awareness of the subtle breath and seamlessly merges yoga philosophy with practical technique. Unlike other books on Ashtanga, *The Art of Vinyasa* does not follow the linear pattern of the sequences of postures that are the hallmark of Ashtanga yoga. Instead, it interlinks the eight limbs—*yama* and *niyama* (ethical practices); *asana* (postures); *pranayama* (breathing); *pratyahara* (nongrasping of the senses); *dharana* (concentration); *dhyana* (meditation); and *samadhi* (harmony, insight)—and shows how to establish an internally rooted yoga practice.

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