The Language of Yoga: Complete A to Y Guide to Asana Names, Sanskrit Terms, and Chants (Sanskrit Edition) by Nicolai Bachman

Fascinating

This interactive book/cd set includes more than 200 asanas with illustrated yoga postures and 300 Sanskrit definitions. Nicolai Bachman teaches you how to read and pronounce these sacred sounds with precision, and guides you through seven yoga chants with exact rhythm, tone, and pronunciation. This is an indispensable reference guide for any serious student of yoga.

This is a great book with CDs. The CDs are especially nice because the words are pronounced twice with time in between for you to say the word. Then the definitions (as written in the book) are spoken.

My only request would have been timestamps for the General Yoga Terms (as it did for other parts of the book), so that you could move to the words of interest precisely (of course, I’ve made notations in my book for myself—so it’s not a horrible thing).

The Astanga series are represented in this book. Even if this is not your thing (it’s not mine), many poses are represented, identified and spoken.

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