
THE
Little Book
of
YOGA

THE
Little Book
of
YOGA



CHRONICLE BOOKS
SAN FRANCISCO

Copyright © 2014 by Chronicle Books LLC.

All rights reserved. No part of this book may be reproduced in any form without written permission from the publisher.

Library of Congress Cataloging-in-Publication Data:
Isaacs, Nora.

The little book of yoga / text by Nora Isaacs.
pages cm

Includes index.

ISBN 978-1-4521-2920-4 (h/c)

ISBN 978-1-4521-3560-1 (epub, mobi)

1. Hatha yoga. I. Title.

RA781.7.I83 2014

613.7'046—dc23

Design by Tatiana Pavlova

Text by Nora Isaacs

Illustrations by Agnes Lee

The information, practices, and poses in this book are not offered as medical advice or suggested as treatment for any condition that might require medical attention. To avoid injury, practice yoga with a skilled instructor and consult a health professional to determine your body's needs and limitations. The writer and publisher hereby disclaim any liability from injuries resulting from following any recommendation in this book.

Chronicle Books LLC

680 Second Street

San Francisco, California 94107

www.chroniclebooks.com

CONTENTS

INTRODUCTION 6

Part One: The Foundation 11

A Brief History of Yoga 12

The Branches of Yoga 18

Yoga Styles 22

Part Two: Yoga Poses 35

Sun Salutation 38

Standing Poses 56

Balancing Poses 70

Seated Poses, Twists, and
Abdominal Strengtheners 82

Forward Bends and
Hip Openers 94

Backbends 104

Inversions 118

Resting Poses 124

Part Three: Yoga Philosophy 133

The Eight-Limbed Path 134

The Five Yamas 146

The Five Niyamas 152

Part Four: Beyond the Poses 159

Breathing 162

Meditation 166

Mantras 172

Mudras 174

Bandhas 178

Chakras 180

Part Five: Yoga Off the Mat 191

Yoga at Work and School 194

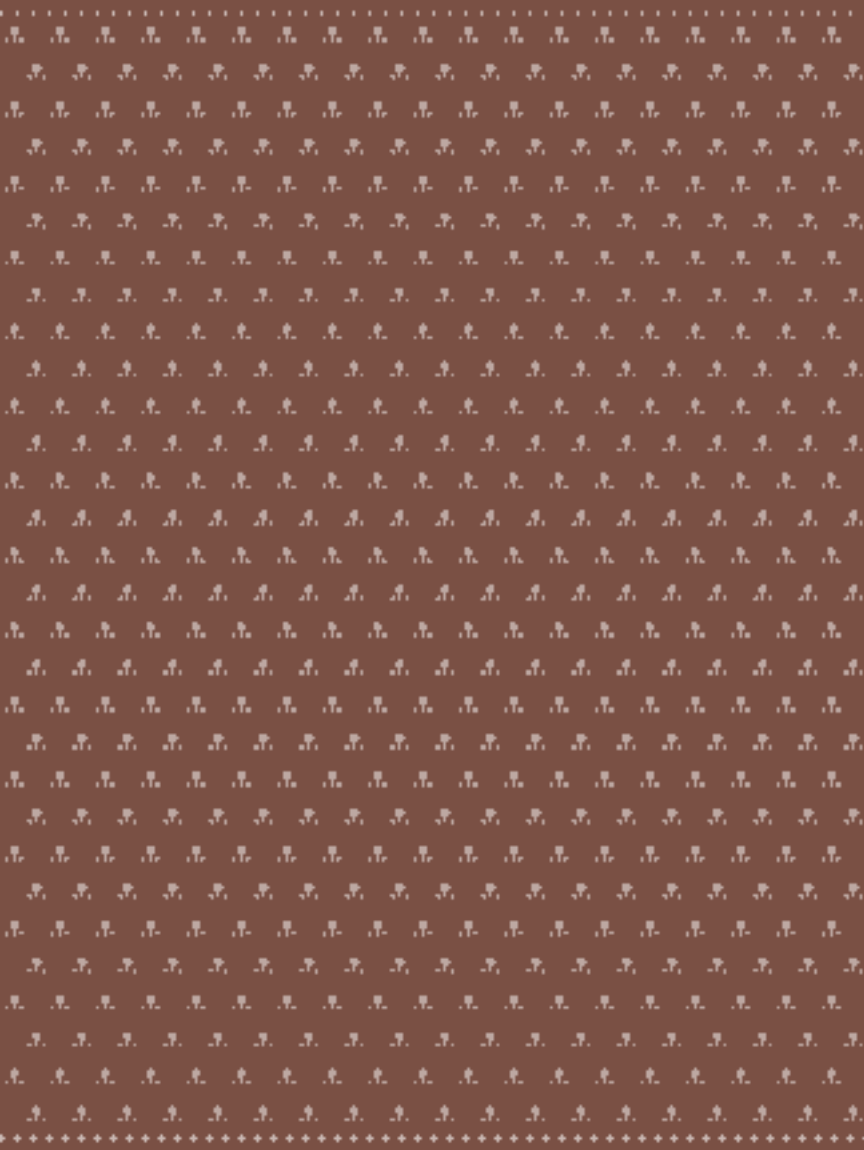
Yoga in Transit 196

Yoga in Relationships 200

Yoga at Rest 202

RESOURCES 206

INDEX 208



Part One

The Foundation

A Brief History of Yoga

The history of yoga is a complex web of branches and schools that twist and turn, leading to what is considered to be today's modern yoga. No one can pinpoint precisely when yoga was invented, but here's what we do know: Yoga hails from India. The language of yoga is called Sanskrit, an ancient priestly tongue. A pose is called an *asana*, based on the Sanskrit word for "seat." The yoga lifestyle has changed quite a bit since ancient times, when yogis lived in secluded caves or forests and practiced ways to master their bodies, such as stopping their heartbeat. But the essence of yoga remains the same, as does the ultimate goal: to find harmony with yourself and the world.

• 15TH–18TH CENTURIES •

The Foundational Texts on Yoga's Physical Poses

There are three key texts that describe yoga asana, breathing techniques, and meditation, which are the main practices of hatha yoga, the most popular form of yoga practiced today. These foundational texts are the *Yoga Yajñalkya* (from the fifteenth century), the *Shivajñāna Samuccaya* (from the seventeenth century), and the *Shiva Samhita* (from the eighteenth century).

The Branches of Yoga

What opens your heart? What makes you feel receptive to new ideas, creative, and compassionate? The many branches of yoga reflect the diversity of our temperaments, goals, and individual personalities. Whether it's rigorous exercise that opens one's heart, or music, or service to others, there's a branch of yoga for everyone, be it a traditional branch or a unique combination of many. Here are the modern forms of today's most relevant branches:

- **BHAKTI YOGA** (Devotion)
- **HATHA YOGA** (Physical Exercise)
- **JNANA YOGA** (Wisdom)
- **KARMA YOGA** (Service)
- **MANTRA YOGA** (Sound)
- **RAJA YOGA** (Meditation)

Yoga Styles

When yoga hit the West in the late nineteenth century, a natural evolution occurred. Teachers trained by Indian masters began taking what they had learned and making it their own. Some instructors opened schools that followed closely in their particular lineage, while others used their knowledge as a starting point to develop their own creative styles. These days, there's a wide range of yoga styles suited to all personalities and skill levels, with variations in speed, levels of exertion, purposes, benefits, and environment (such as temperature of the room and noise level, for example).

Today's most popular styles include:

- ANUSARA YOGA
- ASHTANGA YOGA
- BIKRAM YOGA
- IYENGAR YOGA
- JIVAMUKTI YOGA
- KRIPALU YOGA
- KUNDALINI YOGA
- POWER YOGA
- RESTORATIVE YOGA
- VINIYOGA



sample content of The Little Book of Yoga

- [The Fictional Christopher Nolan.pdf, azw \(kindle\), epub, doc, mobi](#)
- [read The Last Juror](#)
- **[download online Dizzy in Your Eyes: Poems about Love](#)**
- [read online Behavioral Addictions: Criteria, Evidence, and Treatment](#)
- [read Mathematics of Complexity and Dynamical Systems](#)
- [High-Yield Gastrointestinal Tract \(1st Edition\) \(High-Yield Series\) pdf, azw \(kindle\), epub](#)

- <http://redbuffalodesign.com/ebooks/The-Fictional-Christopher-Nolan.pdf>
- <http://aneventshop.com/ebooks/The-Last-Juror.pdf>
- <http://crackingscience.org/?library/Moment-of-Battle--The-Twenty-Clashes-That-Changed-the-World.pdf>
- <http://creativebeard.ru/freebooks/A-Bridge-Too-Far--The-Classic-History-of-the-Greatest-Battle-of-World-War-II.pdf>
- <http://test1.batsinbelfries.com/ebooks/The-Highly-Selective-Thesaurus-for-the-Extraordinarily-Literate.pdf>
- <http://creativebeard.ru/freebooks/High-Yield-Gastrointestinal-Tract--1st-Edition---High-Yield-Series-.pdf>