

### Hatha Yoga The Hidden Language

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Hatha Yoga: The Hidden Language - Symbols, Secrets and ...  
Product Description. Providing symbolic and mythological context for each yoga pose, or asana, the Hidden Language method encourages you to take Hatha beyond the physical. Experience the power of Hatha Yoga as a tool for spiritual transformation. With a foreword by B.K.S. Iyengar, this book explores 22 asanas through symbol and metaphor.

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Hatha Yoga: The Hidden Language By Swami Sivananda Radha Experience the power of Hatha Yoga as a tool for spiritual transformation. Providing symbolic and mythological context for each asana, the Hidden Language method encourages you to take Hatha beyond the physical. Explore twenty-two asanas through symbol and metaphor.

Hatha Yoga: The Hidden Language - Timeless books  
Long considered essential reading for Hatha Yoga students and teachers, the revised 20th anniversary edition of Hatha Yoga: The Hidden Language presents 22 classical Hatha asanas with in-depth investigations into their symbolic natures. Swami Sivananda Radha explores the mythological meaning of each posture as she encourages the hatha yogi to stretch beyond the physical.

Hatha yoga : the hidden language : symbols, secrets, and ...  
Description. Experience the power of Hatha Yoga as a tool for spiritual transformation. Providing symbolic and mythological context for each asana, the Hidden Language method encourages you to take Hatha beyond the physical. Explore twenty-two asanas through symbol and metaphor. Spiritualize your Hatha practice.

Hatha Yoga: The Hidden Language | Yasodhara Ashram  
"Hidden Language Hatha Yoga is both deeply personal and brilliantly universal. Through attention to the symbolism of the asanas, (postures), we can discover layers of meaning and make connections that change our lives. Because we are listening to the body, our reflections take on an honesty and reality that the mind can't deny.

About The Hidden Language of Hatha Yoga | Yogalightness  
Hatha Yoga: The Hidden Language takes the study and practice of Hatha Yoga far beyond a series of physical exercises. Building on the classical foundations of an ancient tradition, Swami Radha has brilliantly synthesized the wisdom of the yogic rishis with an understanding of the mind as developed in the West by Transpersonal Psychology.

Hatha Yoga: The Hidden Language : Symbols, Secrets, and ...  
Since Hatha Yoga: The Hidden Language was first published in the mid-eighties it has become a classic text for yoga teachers and students alike. Swami Radha is the author of over 10 books on yoga and the founder of the Yasodhara Ashram, timeless books, ascent magazine and a number of International Radha Yoga Centres.

Hatha Yoga: The Hidden Language, Symbols, Secrets ...  
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Hatha Yoga: The Hidden Language. Hatha Yoga. : Swami Sivananda Radha. timeless books, 2006 - Health & Fitness - 277 pages. 1 Review. HATHA YOGA: THE HIDDEN LANGUAGE takes the study and practice of...

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About Hidden Language. Hidden Language Hatha Yoga brings the spiritual forward in your yoga practice. Asanas or poses can be sacred seals. If we want to understand the secrets they hold, we can inquire and reflect and begin to loosen up what has been sealed away - in our bodies, our minds and in the potency of the poses themselves.

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Awareness: A Hidden Language Hatha Yoga Practice ...  
HATHA YOGA: THE HIDDEN LANGUAGE takes the study and practice of Hatha Yoga far beyond a series of physical exercises. Building on the classical foundations of an Ancient tradition Swami Radha brilliantly synthesises the ancient wisdom of yoga with an understanding of psychological and spiritual facets of contemporary life.

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Hatha Yoga: The Hidden Language, Symbols, Secrets ...  
Hatha Yoga : The Hidden Language provides an opportunity to explore the philosophical aspects of asana with greater depth and understanding.