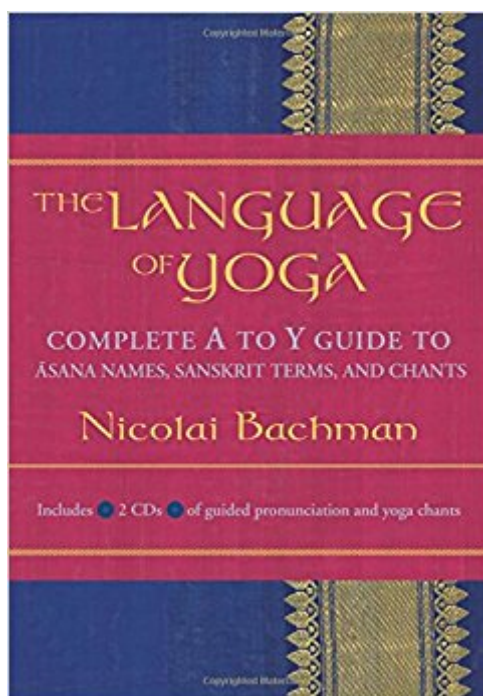


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The Language Of Yoga: Complete A To Y Guide To Asana Names, Sanskrit Terms, And Chants



Synopsis

Have you ever been bewildered in yoga class by the terms the teacher uses? What is the deeper meaning of these terms? How can you benefit by knowing them? For passionate and curious yoga students, *The Language of Yoga* offers the definitive A-Y of asana names and Sanskrit terms (there is no Z in Sanskrit!). This interactive set includes more than 200 asanas with illustrated yoga postures and 300 Sanskrit definitions. Sanskrit scholar 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. An indispensable reference guide for any serious student of yoga.

Book Information

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Customer Reviews

"A must for all teachers and serious students of yoga." -- Fit Yoga, August 2006
"Nicholai Bachman has done a great service to the yoga community." -- Yoga International, March 2005
"Sanskrit scholar Nicholai Bachman gives us the opportunity to connect with yoga's spiritual roots through translations and a comprehensive dictionary." -- Body + Soul magazine, September 2006
"Should, without a doubt, be in the yoga library of every teacher and serious student." -- Yoga Journal, February 2005

Nicolai Bachman has been teaching Sanskrit, ayurveda, chanting, and yoga-related topics for over ten years. He studied extensively at the American Sanskrit Institute, VagYoga Institute in India, the American Institute of Vedic Studies, and the Ayurvedic Institute, receiving his MA in Eastern Philosophy from St. John's College.

This guide is the most complete and clearly communicated sanskrit reference for yoga that I have ever seen. I am a yoga teacher trainer and this will become my constant companion for both myself and to use in our trainings. It includes a comprehensive list of asana names and translations presented in alphabetical order with very, precise linear illustrations. This section alone is invaluable. The accompanying CD states the sanskrit term twice so that you may repeat it back and follows with the English translation (so you know the meaning of what you just said!). In addition to asana, the guide includes the sun salutation sequences, the first 3 astanga sequences, seven common mudras or hand gestures, common chants for your practice, several of the key sutras and a vast collection of yoga terms- numbers, yamas, niyamas, animals, bandhas, cakras, body parts and more. The book is very organized and easy to use. The accompanying CD is tracked allowing you to quickly go to the section you are looking for. The best part of the CD is that you can clearly hear and understand Nicolai's rhythmic voice as well as, the female vocal accompaniment in the chants. (Many of my previous attempts at learning sanskrit were hampered by the thick accent of the translator). You can also use the book by itself or the CDs by themselves. No need to cross reference so you can play the CD anywhere and learn the language of yoga in your car or while working around the house. This book is a must for any serious yoga student or yoga teacher. It will help you quickly learn and understand the sanskrit terms used in yoga. It will also help you to pronounce sanskrit with the beauty of this most sacred and spiritual language.

I bought this book/CD combination in order to get a better idea of how Sanskrit is pronounced. The author has a wonderful speaking voice and clearly articulates the words and chants in the text. I am also happy that the chants are sung without the accompaniment of distracting musical instruments.

Good content. Needs more terms. Also the book is not the best format - more like a binder than a book.

I ordered this book because I'm interested in Ayurvedic medicine and I ordered this book for the names and terms. the book arrived in perfect condition and I am happy with it.

This book and 2 CD combination is a thorough, well-organized and illustrated guide to the language of yoga. It includes such categories as body parts, asana names, important sanskrit terms and some chants. The voice on the CD is easily understandable and you can either use the CDs with or

without the guide. This reference also includes the alphabet and sanskrit terms in both original script and transliterated forms. The material in this set is easily digestible and it is spirally bound for ease of reference. In addition, it is printed on high quality paper and for the cost it is an incredible bargain. If you want to refine your pronunciation even more, then I would also pick up *Sanskrit Pronunciation*. This gives you even more practice and fuller explanations of transliterated Sanskrit. There is also more focus on commonly occurring philosophical terms. You can view more of my recommendations for yoga resources on my profile under my listmania lists. However, if pronunciation of Sanskrit is what you are after most likely this resource alone will give you what you need.

This book was used in conjunction with my yoga teacher training. The book is helpful in that it describes the poses and includes an audio CD to help with pronunciation.

Perfect book if you are working on learning Sanskrit. Its great to listen to in the car. Nice to have the book to look at with both the words and small drawing ">Read more

This has been my go-to book on Sanskrit names for yoga postures and chants for years. It is comprehensive, clear, beautifully illustrated. Postures, including the full ashtanga primary series and many more, are depicted with both English and Sanskrit names provided, so you can look up a posture by finding its visual image, or if you know the name in English or Sanskrit but want to find out what it looks like. I recommend it to any serious yoga practitioner.

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