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Widely respected yoga teacher and author Richard Rosen draws on ancient yoga encyclopedias to explain how yoga was practiced before it became popular in the West. He compares the three main existing sources known to yoga scholars to describe how complex and rich the practice of yoga once was. It included systematic teachings on personal hygiene, good health, and good relationships, and other ...

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In his new book, Original Yoga: Rediscovering Traditional Practices of Hatha Yoga, Richard Rosen digs into these three source materials to presents an in-depth study of the practices and postures of traditional hatha yoga.

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Hatha yoga - Wikipedia

A yogi is a practitioner of yoga, including a sannyasin or practitioner of meditation in Indian religions. The feminine form, sometimes used in English, is yogini.. Yogi has since the 12th century CE also denoted members of the Nath siddha tradition of Hinduism, and

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Richard Rosen, a practitioner of tantra. In Hindu mythology, the god Shiva and the goddess Parvati are ...

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Yogi - Wikipedia

Sujantra interviews yogi and author Richard Rosen. This 30 minute interview explores yoga, pranayama, meditation and more!..

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