



Original Yoga: Rediscovering Traditional Practices of Hatha Yoga

By Richard Rosen



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Part history, part philosophy, part yoga instruction manual, this book clears up some of the confusion and misconceptions about the development of yoga, both traditional and modern. Richard Rosen draws from ancient yoga manuals, which combine philosophy with postures and meditations, to show how traditional practice compares with what we do today. He is an engaging, experienced guide who reveals the development of modern yoga through the centuries and shows how the ancient yogis did it.

Each section offers a guided practice session of ancient poses and breathing techniques to enable readers to connect to the roots of their yoga and to provide a framework for understanding the sequences they use in their regular sessions.



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Editorial Review

Review

“Drawing from the Hatha Yoga Pradipika, the Gheranda Samhita, and the Shiva Samhita, Richard Rosen presents a surprisingly modern and practical take on ancient asana, pranayama, meditation, bandhas, mudras, and cleansing practices. The author sneaks in enough historical tidbits and painstakingly precise etymological breakdowns to satiate the most hard-core “yogeeks,” and his wry humor and engaging metaphors make *Original Yoga* a page-turner—a rarity indeed for what is essentially a practice manual. His down-to-earth guidelines provide readers access to age-old techniques that are sure to complement—and perhaps even transform—our modern practices.”—*Yoga International*

“In the midst of the plethora of superficial books on yoga currently available, *Original Yoga* shines as a beacon of intelligence, tradition, and inspiration.”—Judith Hanson Lasater, PhD, PT

“Once again Richard Rosen is a compass that reorients me to true north and teaches me where I have strayed from the yogic path. This book not only dispels so many of my ridiculous assumptions about the history of yoga but it reveals so many engaging practices that will enrich my everyday exploration of Life itself.”—Rodney Yee, author of *Moving toward Balance*

“*Original Yoga* breathes new life into yoga today by unearthing a storehouse of yogic practices that up to this point have gone largely unnoticed. Not only is it rich in history and lore, but for those of us on the path, it provides a sure means to expand, diversify, and enliven the practice.”—Tias Little, author of *Meditations on a Dew Drop*

About the Author

Richard Rosen is a graduate of the Iyengar Institute of San Francisco and has been teaching yoga since 1987. He is a contributing editor at *Yoga Journal* magazine and director of and one of the principal teachers at the Piedmont Yoga Studio (cofounded by Rodney Yee), in Oakland, California. Many of Rosen’s practice instructions and technical teachings are posted on the Piedmont Yoga Studio website, www.piedmontyoga.com.

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