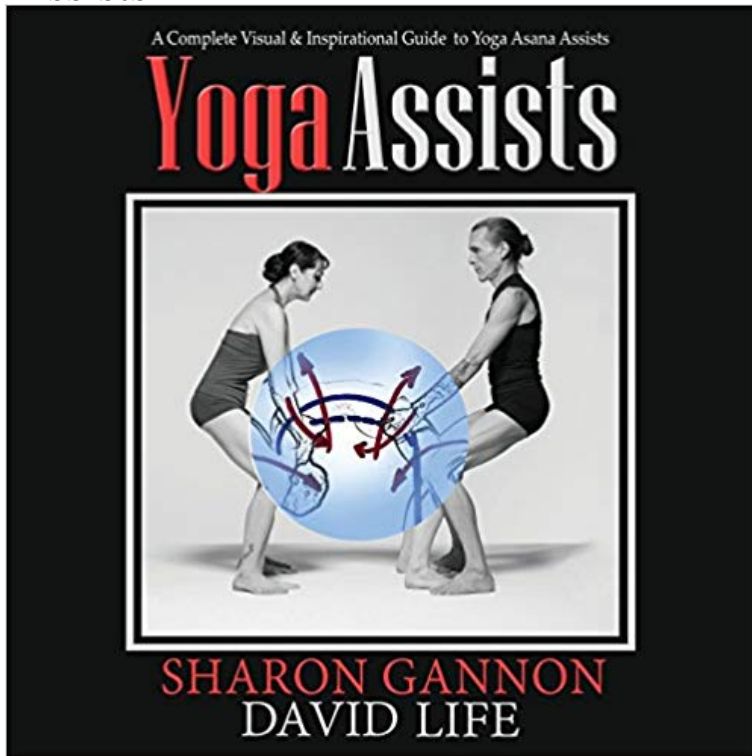


# Yoga Assists: A Complete Visual and Inspirational Guide to Yoga Asana Assists



Lets slow down and ask some basic questions about the whole idea of a yoga assist because offering and receiving great assists depends first on knowing what an assist is. Back in the old days, yoga assists were called corrections. The idea was that the student was doing something wrong and the teacher could manipulate the wrongness away. Later came the word adjustment, which is a little better, conveying that the student is on the right track and some changes are needed. In this book, world-renowned Jivamukti Yoga practitioners Sharon Gannon and David Life use the word assist to communicate the idea that in yoga there are actually two beings interacting together on various levels of consciousness to foster a decrease in avidya, mis-knowing, and an increase in vidya, or the knowing principle. A yoga assist, then, is action taken in a microcosmic relationship that reveals macrocosmic truths. It is action undertaken in mutuality with the best of intentions and the blessing of the teachers teachers. The giving of yoga is an art. Yoga assists are not static; they comprise a flowing dance of body, breath, and energy. They are based on continuous focus and awareness of the relationship between partners in the process. It takes two to tango! As in tango, in each encounter between yoga student and teacher, there is an equation of reciprocity. Whether we receive or give an assist is an active process in the resolution of a relationship, a transmission, a dance. In this sense, the relationship between teacher and student is a microcosm of the flowing interrelation among all people, all species, all living beings. Through this book, with the assistance of Sharon and David, practitioners will deepen their understanding of the fundamental principles of yoga assists and apply them in practice and in service to others.

Buy the Paperback Book Yoga Assists by Sharon Gannon at , Yoga Assists: A Complete Visual And Inspirational Guide To. . Guide To Yoga Asana AssistsFormat:PaperbackDimensions:184 pages, 8.5 ? 8.5Yoga Assists: A Complete Visual and Inspirational Guide to Yoga Asana Assists. Front Cover. Sharon Gannon, David Life. Open Road Integrated Media, Jivamukti Yoga teachers are renowned throughout the world as This book is a complete visual and inspirational guide to yoga asana assists.yoga assists a complete visual and inspirational guide to yoga asana assists. Online Books Database. Doc ID a276f7. Online Books Database. Yoga Assists AYoga Assists: A Complete Visual and Inspirational Guide to Yoga Asana Assists: Sharon Gannon, David Life: : Libros. Yoga Assists: A Complete Visual and Inspirational Guide to Yoga Asana Assists. Front Cover Sharon Gannon, David Life. Open Road MediaBy Sharon Gannon Yoga Assists: A Complete Visual and Inspirational Guide to Yoga Asana Assists [Paperback] on . \*FREE\* shipping on qualifyingYoga Assists: A Complete Visual and Inspirational Guide to Yoga Asana Assists [Sharon Gannon, David Life] on . \*FREE\* shipping on qualifyingBooklocker Inc.,US, United States, 2014. Paperback. Condition: New. Language: English . Brand New. Book. The founders of Jivamukti Yoga outline theYoga Assists: A Complete Visual and Inspirational Guide to Yoga Asana Assists eBook: Sharon Gannon, David Life: : Kindle Store.Yoga Assists Sharon Gannon, David Life ISBN: 9781624670541 Kostenloser Yoga Assists: A Complete Visual and Inspirational Guide t und uber 4,5 .. Yoga-Anatomie: Ihr Begleiter durch die Asanas, Bewegungen und Atemtechniken. Yoga Assists: A Complete Visual & Inspirational Guide To Yoga Asana Assists. Front Cover. Sharon Gannon David Life. Premier Digital: Yoga Assists: A Complete Visual and Inspirational Guide to Yoga Asana Assists (English Edition) ????: Sharon Gannon, David Life: Kindle