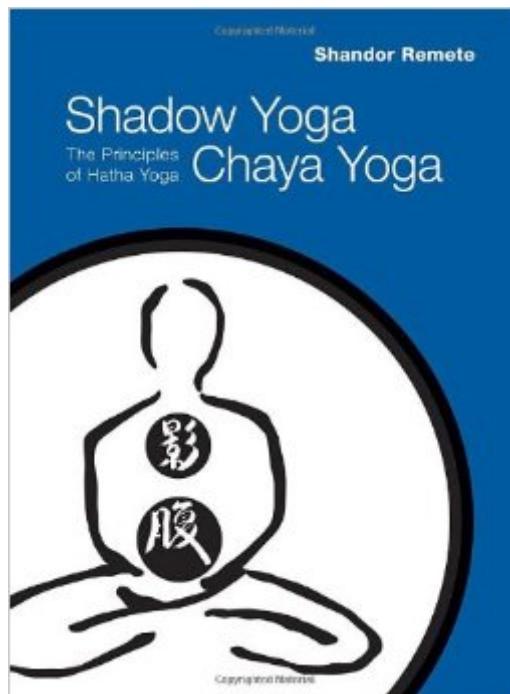


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# Shadow Yoga, Chaya Yoga: The Principles Of Hatha Yoga



## Synopsis

In *Shadow Yoga, Chaya Yoga*, author Shandor Remete shows how to utilize yoga to enhance all aspects of physical and spiritual health. Focusing specifically on the hatha tradition, the book delves deep into original Sanskrit texts, explaining the theoretical foundation of yoga in clear, encouraging language. Remete describes the "shadows" noted by classical yoga teachers that block the student, and shows ways to move beyond them. The book covers the key concepts of traditional yoga—“the marmas, chakras, vayus (sources of energy), and nadis (flows of energy through the body)—before turning to the yogic techniques that improve their condition and functioning—“asana (poses), nauli (abdominal exercises), pranayama (breathing), mudra (gestures), and laya (absorptions). It closes with illustrated sequences of the most important asanas. *Shadow Yoga* also discusses various little-understood, oft-neglected aspects of yogic training, such as the role of marma points (acupuncture-like energy points) and the influence of the zodiac. Detailed drawings of the body’s energy system and its links to these elemental and planetary forces provide a visual guide to these largely unknown areas of yoga. This knowledge, considered essential in Indian yogic traditions, has been almost entirely lost in modern Western schools of yoga. Author Remete restores that information in this beautifully designed book.

## Book Information

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## Customer Reviews

"This invaluable book introduces the reading public to the full scope of the practice of genuine hatha yoga. Full of hints that veteran practitioners can follow to revolutionize their practices, it should be

read by every serious student of yoga." â "Dr. Robert Svoboda, author of Ayurveda: Life, Health, and Longevity and Light on Life: An Introduction to the Astrology of India

Shandor Remete, also known by his teaching name of Natanaga Zhander, is the founder of Shadow Yoga, a form of yoga that addresses all aspects of self-cultivation. He was born in 1948 into a Hungarian household in Novi Knezevac, Yugoslavia, and has been practicing hatha yoga since the age of six, when his father introduced him to the practice. His research background also includes the study of the application of varma kalai, or marma sthana, an ancient Dravidian martial and healing art, and the Ayurveda and Siddha systems of medicine. There are Shadow Yoga courses and workshops in Western Europe, Russia, Asia, the United States, and Australia. [www.shadowyoga.com](http://www.shadowyoga.com)

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