



# The Inner Life of Asanas: The Best of Hidden Language Hatha Yoga from Ascent Magazine

*Swami Lalitananda*

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Guided by the principle that the mystical or spiritual messages of the asanas are available to everybody, and that working with a limited number of postures is a teaching unto itself, this book teaches 25 hatha yoga postures and offers thematically tailored reflections that inspire a sense of investigation into the Self. Each chapter contains columns that explain, by example, how yoga and spirituality can bridge the outer world and inner life.

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