



Yoga Body: The Origins of Modern Posture Practice

By Mark Singleton

Download now

Read Online 

Yoga Body: The Origins of Modern Posture Practice By Mark Singleton

Yoga is so prevalent in the modern world--practiced by pop stars, taught in schools, and offered in yoga centers, health clubs, and even shopping malls--that we take its presence, and its meaning, for granted. But how did the current yoga boom happen? And is it really rooted in ancient Indian practices, as many of its adherents claim?

In this groundbreaking book, Mark Singleton calls into question many commonly held beliefs about the nature and origins of postural yoga (*asana*) and suggests a radically new way of understanding the meaning of yoga as it is practiced by millions of people across the world today. Singleton shows that, contrary to popular belief, there is no evidence in the Indian tradition for the kind of health and fitness-oriented *asana* practice that dominates the global yoga scene of the twenty-first century. Singleton's surprising--and surely controversial--thesis is that yoga as it is popularly practiced today owes a greater debt to modern Indian nationalism and, even more surprisingly, to the spiritual aspirations of European bodybuilding and early 20th-century women's gymnastic movements of Europe and America, than it does to any ancient Indian yoga tradition. This discovery enables Singleton to explain, as no one has done before, how the most prevalent forms of postural yoga, like Ashtanga, Bikram and "Hatha" yoga, came to be the hugely popular phenomena they are today.

Drawing on a wealth of rare documents from archives in India, the UK and the USA, as well as interviews with the few remaining, now very elderly figures in the 1930s Mysore *asana* revival, *Yoga Body* turns the conventional wisdom about yoga on its head.

 [Download Yoga Body: The Origins of Modern Posture Practice ...pdf](#)

 [Read Online Yoga Body: The Origins of Modern Posture Practic ...pdf](#)

Yoga Body: The Origins of Modern Posture Practice

By Mark Singleton

Yoga Body: The Origins of Modern Posture Practice By Mark Singleton

Yoga is so prevalent in the modern world--practiced by pop stars, taught in schools, and offered in yoga centers, health clubs, and even shopping malls--that we take its presence, and its meaning, for granted. But how did the current yoga boom happen? And is it really rooted in ancient Indian practices, as many of its adherents claim?

In this groundbreaking book, Mark Singleton calls into question many commonly held beliefs about the nature and origins of postural yoga (*asana*) and suggests a radically new way of understanding the meaning of yoga as it is practiced by millions of people across the world today. Singleton shows that, contrary to popular belief, there is no evidence in the Indian tradition for the kind of health and fitness-oriented *asana* practice that dominates the global yoga scene of the twenty-first century. Singleton's surprising--and surely controversial--thesis is that yoga as it is popularly practiced today owes a greater debt to modern Indian nationalism and, even more surprisingly, to the spiritual aspirations of European bodybuilding and early 20th-century women's gymnastic movements of Europe and America, than it does to any ancient Indian yoga tradition. This discovery enables Singleton to explain, as no one has done before, how the most prevalent forms of postural yoga, like Ashtanga, Bikram and "Hatha" yoga, came to be the hugely popular phenomena they are today.

Drawing on a wealth of rare documents from archives in India, the UK and the USA, as well as interviews with the few remaining, now very elderly figures in the 1930s Mysore *asana* revival, *Yoga Body* turns the conventional wisdom about yoga on its head.

Yoga Body: The Origins of Modern Posture Practice By Mark Singleton Bibliography

- Sales Rank: #68284 in Books
- Brand: imusti
- Published on: 2010-02-10
- Released on: 2010-02-10
- Original language: English
- Number of items: 1
- Dimensions: 6.10" h x .90" w x 9.10" l, .88 pounds
- Binding: Paperback
- 272 pages

 [Download Yoga Body: The Origins of Modern Posture Practice ...pdf](#)

 [Read Online Yoga Body: The Origins of Modern Posture Practic ...pdf](#)

Download and Read Free Online Yoga Body: The Origins of Modern Posture Practice By Mark Singleton

Editorial Review

Review

"Singleton's radical, meticulously documented, sensitive analysis makes perfectly clear that what has come to be regarded as a veritable icon of Indic Civilization -- postural yoga -- is, in fact, unambiguously the hybrid product of colonial and post-colonial globalization." --Prof. Joseph S. Alter, University of Pittsburgh. Author of *Yoga in Modern India: The Body Between Science and Philosophy*

"Mark Singleton's *Yoga Body: The Origins of Modern Posture Practice* is an outstanding scholarly work which brings so much insight and clarity to the historic and cultural background of modern hatha yoga. I highly recommend this book, especially for all sincere students of yoga." --John Friend, Founder of Anusara Yoga

"I have been reading yoga texts and practicing yoga for 40 years, and I have taught a university-level academic course on yoga for the last 15 years, so it takes quite a good deal to teach me things about yoga I did not already know. This book has done so. It has been extremely informative and is rich with historical details. The quantity of field research is quite extraordinary, the prose articulate, the diction intelligent, and the narrative sound. It is a must-read among yoga teachers and serious students, and has the potential to transform much of the yoga world. This book will echo loudly through the global yoga community." --Prof. Kenneth Liberman, University of Oregon. Author of *Dialectical Practice in Tibetan Philosophical Culture*

"From the moment I started reading Mark Singleton's *Yoga Body* I couldn't put it down. It is beautifully written, extensively researched, and full of fascinating information. It stands alone in its depth of insight into a subject which has intrigued me for forty years." --David Williams, Maui, Hawaii. The first non-Indian to learn the complete Ashtanga Vinyasa Yoga syllabus.

"Mark Singleton has written a sweeping and nuanced account of the origins and development of modern postural yoga in early twentieth-century India and the West, arguing convincingly that yoga as we know it today does not flow directly from the Yoga Sutras or India's medieval haṥha yoga traditions, but rather emerged out of a confluence of practices, movements and ideologies, ranging from contortionist acts in carnival sideshows, British Army calisthenics and women's stretching exercises to social Darwinism, eugenics, and the Indian nationalist movement. The richly illustrated story he tells is an especially welcome contribution to the history of yoga, demonstrating the ways in which an ancient tradition was reinvented against the backdrop of India's colonial experience." --Prof. David Gordon White, University of California, Santa Barbara. Author of *The Alchemical Body, Siddha Traditions in Medieval India*

"Mark Singleton gives us here a groundbreaking, pioneering work. By carefully tracing the key 'missing links' in the development of contemporary notions of hatha yoga, he presents a far richer and nuanced picture than previously known. Quite simply, this is a book that cannot be ignored, destined to be reckoned with in any further study of the topic. Thoroughly researched, extraordinarily well informed, and lucidly argued, I recommended it very highly to all serious practitioners and students of modern yoga who want a deeper understanding of its evolution." --Carlos Pomedá, founder of Yoga Wisdom for Modern Life.

"Mark Singleton's book *Yoga Body* traces the evolution of the ever expanding practice of asana world-wide. His work offers a much needed historical perspective that will help correct much of the mythology and group-think that is emerging in the modern asana based 'yoga world'. Any serious asana practitioner who wishes to understand the place of asana in the greater tradition of yoga will do well to read it carefully." -- Gary Krafstow, the founder of the American Viniyoga Institute, author of *Yoga for Wellness and Yoga for Transformation*

"*Yoga Body* by Mark Singleton is a scholarly exploration of how modern yoga, as currently practiced in countless studios, gyms, and schools across the country, evolved [...] In essence, this very popular form of yoga was greatly influenced by modern physical practices, not just traditional spiritual or mystical ones. Singleton makes a cogent argument backed up by references from many studies and sources [...] a work of merit that sheds a great deal of light on the development of modern yoga [...] an important contribution to our understanding of yoga." --*San Francisco Book Review*

"Mark Singleton [...] asks a big question: Where did modern yoga come from? His reply will no doubt disturb a lot of folks [...] as Singleton clearly and convincingly demonstrates, the physical practice of today is less than 100 years old, and it has very little to do with either Patanjali's or Krishna's teaching. Instead, it's the product of such disparate elements as British colonialist policies in India, 19th century physical health movements in Europe and India, the invention of the camera, and the reformist programs of Indian yoga teachers like Shri Yogendra and T. Krishnamacharya. This book, an invaluable source on modern yoga, should be on the reading list of every serious student and teacher training program." --Richard Rosen in *Yoga Journal*."

About the Author

Mark Singleton is a Senior Research Fellow in the Department of the Languages and Cultures of South Asia, SOAS, University of London. He is the editor, with Jean Byrne, of *Yoga in the Modern World: Contemporary Perspectives*. He lives in London.

Users Review

From reader reviews:

George Carter:

Typically the book *Yoga Body: The Origins of Modern Posture Practice* will bring someone to the new experience of reading some sort of book. The author style to spell out the idea is very unique. When you try to find new book to learn, this book very ideal to you. The book *Yoga Body: The Origins of Modern Posture Practice* is much recommended to you to learn. You can also get the e-book from official web site, so you can more readily to read the book.

Monica Philson:

A lot of people always spent their own free time to vacation or go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity here is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent all day every day to reading a publication. The book *Yoga Body: The Origins of Modern Posture Practice* it is quite good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. Should you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not very costly but this book offers high quality.

Larry Mason:

Many people spending their period by playing outside with friends, fun activity having family or just watching TV all day long. You can have new activity to pay your whole day by studying a book. Ugh, do you think reading a book can definitely hard because you have to use the book everywhere? It all right you can have the e-book, getting everywhere you want in your Mobile phone. Like *Yoga Body: The Origins of Modern Posture Practice* which is keeping the e-book version. So , why not try out this book? Let's view.

Leola Grant:

Some individuals said that they feel bored when they reading a book. They are directly felt it when they get a half parts of the book. You can choose the actual book *Yoga Body: The Origins of Modern Posture Practice* to make your reading is interesting. Your personal skill of reading ability is developing when you just like reading. Try to choose simple book to make you enjoy you just read it and mingle the sensation about book and reading through especially. It is to be initial opinion for you to like to available a book and study it. Beside that the book *Yoga Body: The Origins of Modern Posture Practice* can to be your brand new friend when you're sense alone and confuse in what must you're doing of their time.

Download and Read Online *Yoga Body: The Origins of Modern Posture Practice* By Mark Singleton #MJU4DKQTR0E

Read Yoga Body: The Origins of Modern Posture Practice By Mark Singleton for online ebook

Yoga Body: The Origins of Modern Posture Practice By Mark Singleton Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Yoga Body: The Origins of Modern Posture Practice By Mark Singleton books to read online.

Online Yoga Body: The Origins of Modern Posture Practice By Mark Singleton ebook PDF download

Yoga Body: The Origins of Modern Posture Practice By Mark Singleton Doc

Yoga Body: The Origins of Modern Posture Practice By Mark Singleton Mobipocket

Yoga Body: The Origins of Modern Posture Practice By Mark Singleton EPub

MJU4DKQTR0E: Yoga Body: The Origins of Modern Posture Practice By Mark Singleton