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This was a really interesting book and I enjoyed learning about how the various Indian myths correspond to the different asanas (yoga postures). I will definitely be re-reading and taking some notes because the pantheon of Hindu gods and demigods is still somewhat confusing to me.

Myths of the Asanas: The Stories at the Heart of the Yoga

An unprecedented compilation, Myths of the Asanas: Stories at the Heart of the Yoga Tradition (Mandala Publishing, April 2010) retells the tales behind the postures of yoga with wit and sensible application that only a pair of young yogis could provide.

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