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In his new book, Original Yoga: Rediscovering Traditional Practices of Hatha Yoga, Richard Rosen digs into these three source materials to presents an in-depth study of the practices and postures of traditional hatha yoga.

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Traditional Hatha Yoga, at least in this country, is a thing of the past, but certain traditional practices can still have a powerful transformative effect. What I imagine doing is paradoxically taking a step back to take a step forward.

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Part history, part philosophy, part yoga instruction manual, this book clears up some of the confusion and misconceptions about the development of yoga, both traditional and modern. Richard Rosen draws from ancient yoga manuals, which combine philosophy with postures and meditations, to show how traditional practice compares with what we do today.

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Richard Rosen Yoga - HOME

Yoga Teacher, Author of "Original Yoga: Rediscovering Traditional Practices of Hatha Yoga" "Seth Powell

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is the luminary modern Yoga has been waiting for. I have had the pleasure of learning from and practicing with some of the world's finest and learned Yoga teachers—none have inspired more thought, comprehension, and integration of the rich foundational material and language of Yoga as Seth has.

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I've written four books for Shambhala, The Yoga of Breath: A Step-by-Step Guide to Pranayama (2002), Pranayama: Beyond the Fundamentals (2006), Original Yoga: Rediscovering Traditional Practices of Hatha Yoga (2012), and Yoga FAQ: Almost Everything You Need to Know About Yoga from Asana to Yama (2017).

Original Yoga Rediscovering Traditional Practices

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