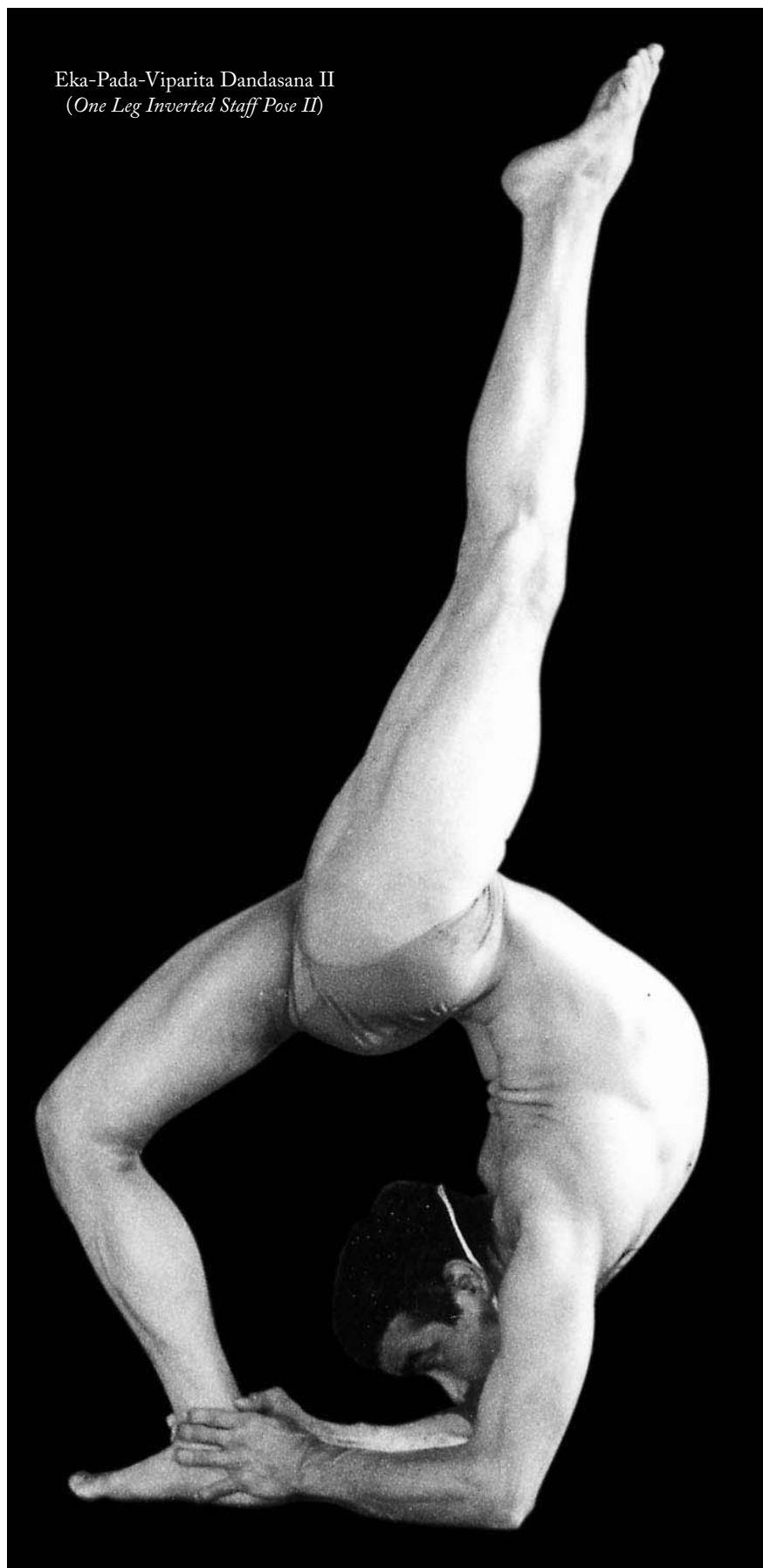


Eka-Pada-Viparita Dandasana II
(One Leg Inverted Staff Pose II)



Sri Dharma Mittra is one of the most accomplished yogis in the West. He has spent most of his life serving humanity, helping students achieve radiant health and spiritual development through yoga practice.

He teaches classic Hatha-Raja-Ashtanga yoga and embodies the virtues of the discipline: kindness, patience, humility, fortitude, righteousness, humor, selfless service, *ahimsa* (non-killing), compassion, and understanding for all. Like many early masters, much of his teachings is imparted non-verbally; it is said that students can feel the truth and make rapid improvements simply by being in his presence.

The Father of the Master Yoga Chart

In 1994 Dharma meticulously photographed himself in more than 1,300 yoga poses, then cut and pasted 908 of the images onto the Master Yoga Chart, offering it to his Guru and to all yoga aspirants. Today this masterpiece hangs in ashrams and centers worldwide, where it is used as a teaching tool and an inspiration for all *sadabkas* (seekers of truth). *Asana* is his first book.

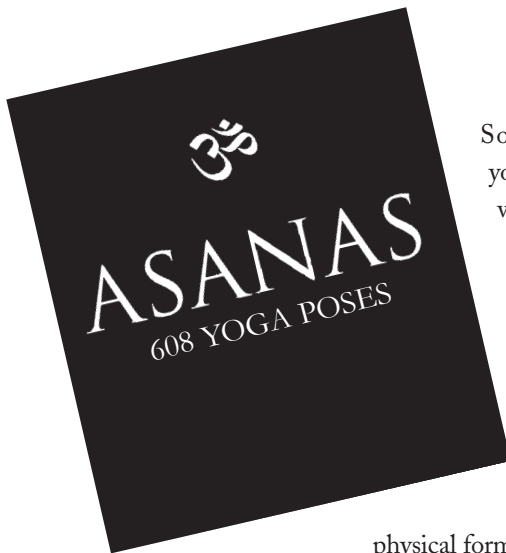
The majority of the photos were shot in 1984, when Dharma was 45 years old. In the years since, some of the original negatives were lost or damaged, thus when it came time to put this book together, Dharma had to photograph himself again.

Words of Wisdom from Dharma Mittra as excerpted from *ASANAS*

Yoga is beneficial to so many physical conditions, but the ultimate reason to practice it is to find the truth. Asanas are only one part of an eight-stage process in the search for enlightenment. They prepare the body for meditation. The great yoga master Iyengar said, "My body is my altar, and my postures are the prayers." Only when you've learned the postures and the ways to control the mind, the breath, the senses, and the emotions, are you ready to enter the temple. Yoga means yoke, or union, with the spirit.

Dharma Mittra

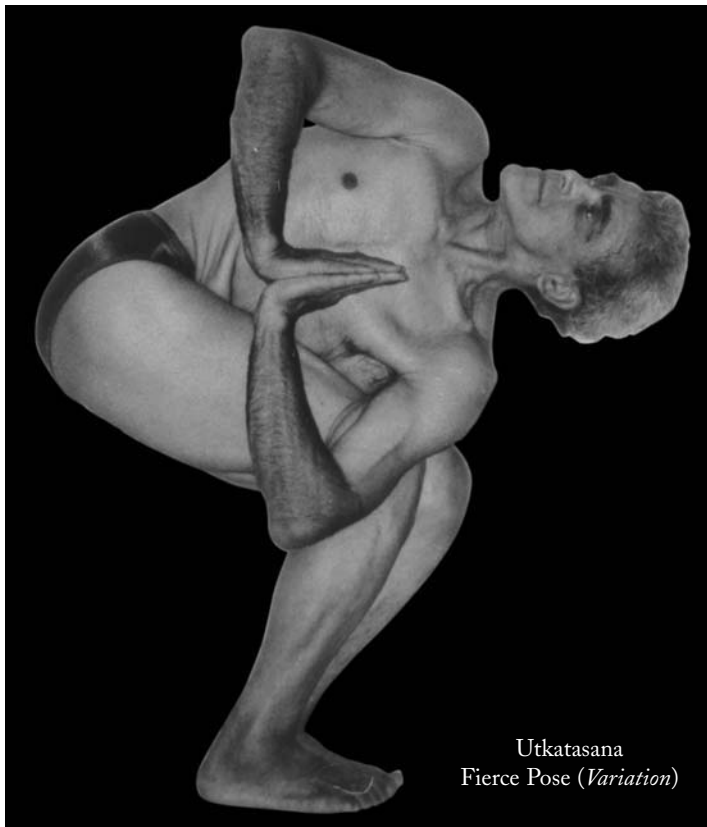
Excerpted from *ASANAS*



Some people, "I'm in this pose so I've achieved godliness." They're not even doing yoga yet. Unless you've surrendered to the Lord, or to the Divine Spirit, or to whomever you may all God, you're only doing something for yourself. To find that union you must surrender. Then you can achieve samadhi, that deeper consciousness in which you become identified with the object of your connection. You need to go beyond the individual mind and join the ocean of consciousness.

Dharma on Asana

Each asana physically reflects a particular attitude: acceptance, surrender, balance, or openheartedness. As you move into a posture, your body manifests the physical form of the attitude associated with it. You bypass verbal or rational understanding but you understand the pose emotionally.



Utkatasana
Fierce Pose (Variation)



Parshva-
Salamba-
Shirshasana
(Supported Side
Head Stand
Pose)

1984

Today

About the Book: The information in this article comes directly from ASANAS 608 Yoga Postures by Here + There Group & Dharma Mittra, published by New World Library. For more information on how to order this book and the Master Yoga Chart of 908 Postures, visit www.yogaasanaposter.com.