



THE INNER LIFE OF ASANAS
 the best of hidden language hatha yoga from ascent magazine
 BY SWAMI LALITANANDA

The Inner Life of Asanas is an inspiring source for people looking to deepen their Hatha Yoga practice through significant inner exploration. Swami Lalitananda presents the Hidden Language Hatha Yoga technique, where each asana is seen as a key that can expand our awareness of the sacred in ourselves and in the world.

Swami Lalitananda's teachings are infused with practical yogic philosophy and wisdom borne of a life dedicated to selfless service. She encourages the Hatha yogi to listen to the messages that arise from self-inquiry and investigation into the symbolism of the asanas. Through her personal reflections and instruction, she demonstrates how Hidden Language Hatha Yoga can reveal the powerful interconnections of body, mind and speech.

Since 1999, Swami Lalitananda has been the Hatha Yoga columnist for *ascent* magazine. With her honest and engaging voice, she has gained a devoted readership and her writing has been nominated for a National Magazine Award. This collection represents the best of the column's first eight years.

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