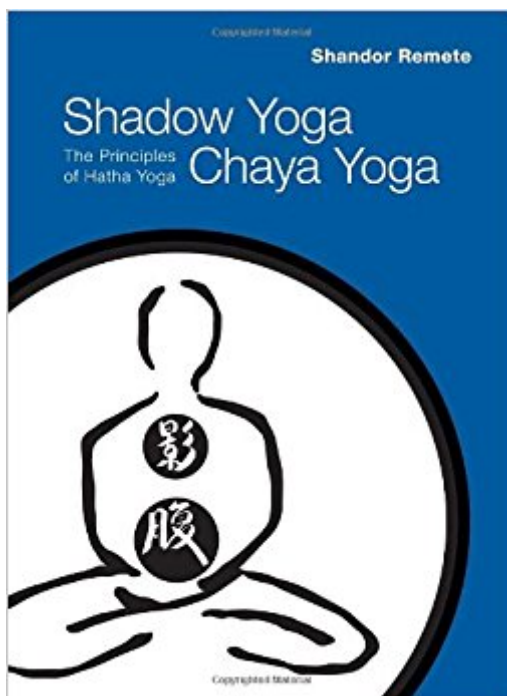


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# Shadow Yoga, Chaya Yoga: The Principles Of Hatha Yoga



## Synopsis

In *Shadow Yoga, Chaya Yoga*, author Shandor Remete shows how to utilize yoga to enhance all aspects of physical and spiritual health. Focusing specifically on the hatha tradition, the book delves deep into original Sanskrit texts, explaining the theoretical foundation of yoga in clear, encouraging language. Remete describes the "shadows" noted by classical yoga teachers that block the student, and shows ways to move beyond them. The book covers the key concepts of traditional yoga—•the marmas, chakras, vayus (sources of energy), and nadis (flows of energy through the body)—before turning to the yogic techniques that improve their condition and functioning—•asana (poses), nauli (abdominal exercises), pranayama (breathing), mudra (gestures), and laya (absorptions). It closes with illustrated sequences of the most important asanas. *Shadow Yoga* also discusses various little-understood, oft-neglected aspects of yogic training, such as the role of marma points (acupuncture-like energy points) and the influence of the zodiac. Detailed drawings of the body's energy system and its links to these elemental and planetary forces provide a visual guide to these largely unknown areas of yoga. This knowledge, considered essential in Indian yogic traditions, has been almost entirely lost in modern Western schools of yoga. Author Remete restores that information in this beautifully designed book.

## Book Information

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## Customer Reviews

"This invaluable book introduces the reading public to the full scope of the practice of genuine hatha yoga. Full of hints that veteran practitioners can follow to revolutionize their practices, it should be

read by every serious student of yoga." — Dr. Robert Svoboda, author of *Ayurveda: Life, Health, and Longevity* and *Light on Life: An Introduction to the Astrology of India*

Shandor Remete, also known by his teaching name of Natanaga Zhander, is the founder of Shadow Yoga, a form of yoga that addresses all aspects of self-cultivation. He was born in 1948 into a Hungarian household in Novi Knezevac, Yugoslavia, and has been practicing hatha yoga since the age of six, when his father introduced him to the practice. His research background also includes the study of the application of varma kalai, or marma sthana, an ancient Dravidian martial and healing art, and the Ayurveda and Siddha systems of medicine. There are Shadow Yoga courses and workshops in Western Europe, Russia, Asia, the United States, and Australia. [www.shadowyoga.com](http://www.shadowyoga.com)

In my opinion this is probably the most important book on Hatha Yoga in modern times for the serious practitioner. Having practiced and studied most of the modern styles over nearly twenty years I feel I can speak from some experience. It seems to me to be one of the few if only recently written books that concisely points the student in the direction yoga was designed to take. So many of the current incarnations of yoga overly rely on technique or fancy terminology without a realised and embodied understanding of the energetics of the human system and so ultimately don't seem to lead anywhere. It is refreshing and humbling to become aware of principles that can be realised and fortified through using the principles applied within this book. In order for the sacred nature of yoga to be preserved and honoured for generations to come this small yet powerful book should be read, reread and absorbed by all true seekers. Keep in mind however that the information contained within it is meant to be utilised in conjunction with guidance from a teacher familiar with the principles. I for one will cherish this book like few others for life. Thank you to the author for his research and constant diligence in practice for sharing these invaluable tools.

The number of times I've read this slim volume is countless as is the information and wisdom I've gleaned from it. It has been an indispensable aid in my own humble journey and I cannot recommend it enough to serious students and seekers. If you are looking for a "dummies" type yoga book you probably won't enjoy this book but if you are looking for something deeper and willing to work then you will be well rewarded with this choice. Shadow Yoga is a dense read but Zhander's words are engaging in their conciseness and wisdom. It's clear he writes from real experience to guide and not to add to the noise that is already out there. Esoteric subjects are discussed that are

not often thought of in this country (USA) as being a part of Hatha Yoga but have always been an integral part of the craft. Some of the information may seem sparse but Zhander makes it clear why, for example, the diagrams of the Shadow Yoga preludes are prefaced with the instruction that Yoga is learned from a human guide not a book or video. Learning is done in the real world and it takes time, much longer than the one month another reviewer here mentioned. I should add that I am a Shadow Yoga teacher and have worked in this system for a few years. I have been extremely blessed to have good students who have also taken on this work. I know that this system is not for everyone, but for those whom it reverberates they will find a real practice. I should add that I do not receive any monetary compensation from sales of this book; my motivation for writing is only to provide an honest impression of the book.

I'm a new-comer to Shadow Yoga (just 6 months in), and am enjoying the depth this book adds to my practice. There are concepts covered in this book that are quite foreign to me at the moment, and I'm assuming that as my practice grows, they will start to make more 'sense' to me. Currently it is enough for me just to read small sections at a time, and become familiar with the ideas and terminology. I really like the book itself - layout, size and diagrams. I would recommend it to other Shadow Yoga beginners that would like to have more insight into their practice.

Just to start off with, I think Shadow Yoga is probably the only legit hatha yoga school that is in the public eye these days, and I've been around for 15 some odd years. You can look into all the details about what this specific system does elsewhere, but I've seen so many blown out egos as well as huge imbalances or injuries in other styles, including highly respected and world famous "experts" or "masters" that don't really have a clue and are basically glorified gym teachers and attaching some high philosophy they have no clue on to it..With that said this book is short and gives more or less basic information with some real gems thrown in there and is a nice outline for those who are actually studying with a Shadow instructor. For the rest of you I'm not sure of its worth past seeing what a real hatha practice should be about, which in itself might be of value. Just depends, but the reason I gave it three stars. Honestly, it could have been fleshed out a bit more to connect at least a few of the dots for people, but as the book points out you really need a real teacher to progress on any of these paths whether it be hath yoga or another yoga path - lets not forget that hatha yoga is only one of many ways into enlightenment paths- each with a host of false or overhyped gurus as well, but there is some good stuff out there if you dig deep enough and have the karma to find it.

Excellent book. For me, it provided a different take on Hatha Yoga that I never considered.

Love Shadow Yoga! I particularly like the drawings of the sequences for my memory is assisted. Well written and insightful content. Nice touches such as marker flaps that hold my place and mat cover texture show the care and love that was put into this book. Small easy to carry.

Important book on Shadow Yoga. Lays out many basics, goes in depth on important concepts, and touches on others not found easily elsewhere such as marmas.

" My New Bible"

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