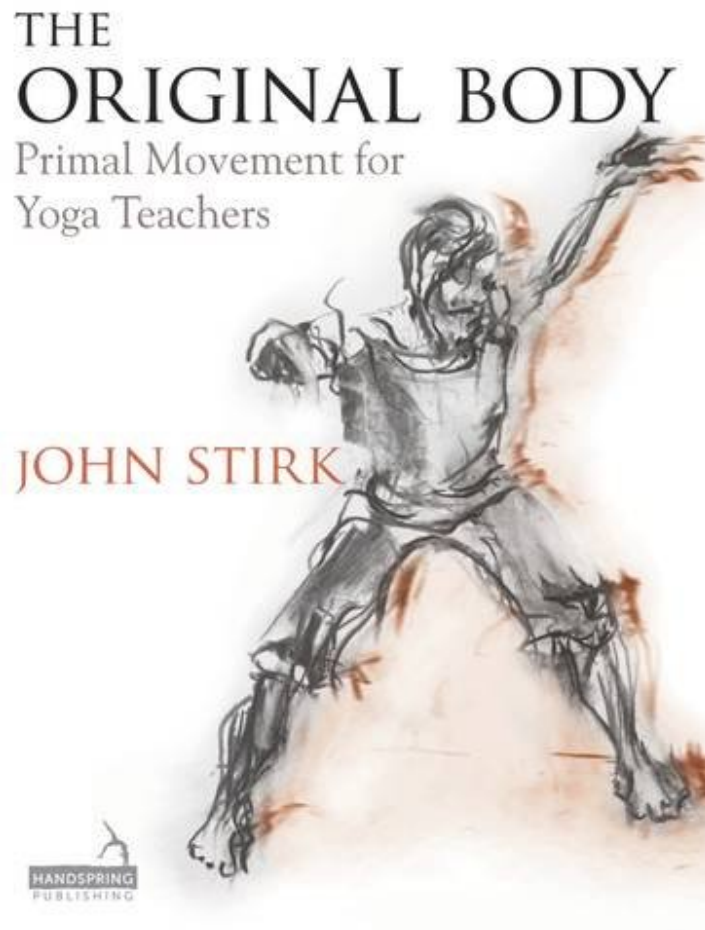


(Download free pdf) The Original Body: Deepening Practice for the Teaching of Yoga

# The Original Body: Deepening Practice for the Teaching of Yoga

*John Stirk*

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**John Stirk : The Original Body: Deepening Practice for the Teaching of Yoga** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Original Body: Deepening Practice for the Teaching of Yoga:

5 of 5 people found the following review helpful. Must Read: Best Book on Yoga Since Light on YogaBy CAROL MARKSSTOPFORTHThis book is a revelation and should be read by anyone interested in how we are. Forty-five years ago when I began practicing yoga, I read BKS Iyengar's book, Light on Yoga. I resonated instantly with the clear, explanatory details, through the asanas and breathing techniques, of how body and mind work. For forty-five years it was my go-to book on the practice of yoga. Then came John Stirk's, The Original Body, and though in no way decrying Light on Yoga, I realized that the next groundbreaking text on yoga had been written.The Original Body is a book that goes to the essence of being, describing in great detail: physically, mentally, philosophically how we might gain an understanding of who we are. The key is learning to attend to our selves through the practice of yoga; the

seamless beauty of Stirk's work that the more we pay attention, the deeper we go, into all layers of Self: outer, inner and secret. There is daring involved here, moving the body and paying attention to it is something we generally fear, as we never know what painful emotions we might be releasing. I have attended Stirk's classes in America, where his ability to hold the room, lightly with humor, as well as the utmost seriousness is quite extraordinary. At the end of the three-day long sessions the transformations are palpable. And now with this book Stirk generously reveals the inquiry that informs his practice. The subtitle of the book is: Primal Movement for Yoga Teachers, and though it is a vital book for teachers, I would say that it is a book that should be read by anyone who has an interest in who and how they are.

4 of 4 people found the following review helpful. A GAME CHANGER IN YOGA! By Anodea Judith If yoga is the poetry of the body, this book is sheer poetry about the practice of doing yoga. It says it's for yoga teachers, but really anyone who practices yoga or martial arts, as well as any form of bodywork or somatic therapy will be gratified to read this book. I ate it up, underlining and highlighting so many parts that I wanted to remember and bring to my teaching. It's not an easy read -- for it's densely rich, and the many jewels want to be savored, thought about, and explored on the mat. This book transformed my view and teaching of yoga and I've been at it for 40 years. As a somatic therapist, I also resonated with the author's viewpoint as an Osteopath, and his reference to somatic pioneers such as Reich and Lowen, as well as Ida Rolf and other experts in the mind-body field. I wish I'd read it before I published my book on Chakra Yoga -- I'm sure I would have incorporated some of his insights. The author's depth of understanding radiates from every page -- a depth only obtained from decades of practice and years of study in many disciplines. It takes the reader deeper and deeper into their own tissues, understanding such things as working with gravity, moving fluidly, opening to sensation, embracing energy, and of course breath. It gets away from standard forms and encourages the student to explore the body's most innate, organic expression, underneath all our conditioning, even the conditioning of yoga. In today's yoga world, so focused on outer form, so repetitive and often unconscious, taught by new teachers fresh out of their training, with only a year or two or yoga under their belt, the true experience of doing yoga is getting lost. This book is not about postures and routines or sequencing, but about the PROCESS of doing yoga. How do we find alignment, heal and balance, move energy, and commune with the divine, from within, in our own unique way? How do we discover our organic breath, how does it move the spine, and what really brings integrity to the body? How do we find our way to our original body (hence the title) contained in our sacred flesh but free to expand into the infinite? If you suspect that the body is a gateway to realization, that being fully embodied is a life long exploration, not just a mass of muscles and movement, but of sensation and exquisite attention to the subtle, but profound presence of the life force, then this book is for you. And for genuine teachers of yoga, this book is a must.

Anodea Judith, Ph.D. 1 of 1 people found the following review helpful. Five Stars By Susan M. Hess THE BEST!!!! Bravo Professor Stirk.

The Original Body addresses the physiological experience of yoga. The soft tissue, skeletal, fluid and spatial sensations experienced in practice are considered in sequence and collectively as the reader becomes drawn into a depth of feeling and understanding that lies beyond practice. Yoga teachers are shown how to use a deeper 'feeling' to unveil an innate powerful physical wisdom. This includes bringing together anatomical visualisation and imagination, the development of awareness as a movement, and the management of sensation. This book focuses on honing and harnessing the practitioner's essential experience in order to reveal a more profound style of teaching from within. Teachers are invited to consider the impediments to a deeper practice and will be taken through the common factors inhibiting sensory pathways. These include conditioning, habit, trauma, anxiety, non-essential thought and the effect of technique and methodology in teaching. Teachers will learn about the principles of mechanical freedom in postures and movement and they will find out about the parallels and differences between yoga practice and the osteopathic approach to bio mechanics. The Original Body invites the reader to put aside Sanskrit terminology and well-trodden paths and dig deeply into themselves and discover the unconditioned body at its deepest level. This book supports its reader through the understanding that group work thrives on their inspiration. This book inspires and provides an essential addition to the library of all teachers of yoga, movement and bodywork.

About the Author John Stirk has been teaching Yoga for 40 years. He graduated as an osteopath in 1983 at the College of Osteopaths in London where he subsequently lectured in Biomechanics and Practical Osteopathy and was made a fellow of the college in 1995. The influence of R.D. Laing, with whom he ran body/mind workshops, B.K.S. Iyengar, Vanda Scaravelli with whom he had personal tuition for several years and J. Krishnamurti has confirmed his belief in finding it in and for oneself. Consequently his style of teaching Yoga emphasises an enquiry into how one is during and after physical practice. John is the author of two books, Soft Exercise and Structural Fitness; and has published numerous articles. He runs classes, workshops, and residential courses for yoga students and teachers throughout the UK and internationally. He is currently based in London and East Sussex, UK.