



# Yoga Body: The Origins of Modern Posture Practice

*Mark Singleton*

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## Yoga Body: The Origins of Modern Posture Practice Mark Singleton

In this groundbreaking book, Mark Singleton shows that, contrary to popular belief, there is no evidence in the Indian tradition for the kind of health and fitness-oriented *asana* practice that dominates the global yoga scene today. Singleton's surprising--and surely controversial --thesis is that yoga as it is popularly practiced today owes a greater debt to modern Indian nationalism and, even more surprisingly, to the spiritual aspirations of European bodybuilding and early 20th-century women's gymnastic movements of Europe and America, than it does to any ancient Indian yoga tradition.

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