



Yoga Body: The Origins of Modern Posture Practice

Mark Singleton

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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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