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specialized education in the  
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IAST: viraśana) or Hero Pose

is a kneeling asana in modern

yoga as exercise. Medieval

hatha yoga texts describe a

cross-legged meditation asana

under the same name. Supta

Virasana is the reclining form of

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Author Leslie Kaminoff is a recognized expert and teacher in anatomy, breathing, and bodywork. He is the founder of The Breathing Project, New York City's premier yoga studio dedicated to the teaching of

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Der anerkannte Yoga-Experte Leslie Kaminoff hat in seinem Klassiker Yoga-Anatomie erstmals zusammengefasst, auf welche Organe, Muskelgruppen und Gelenke sich die einzelnen Asanas auswirken, wie sie das

tun und wann welche Atemtechniken einzusetzen sind. Nun hat er den Bestseller komplett überarbeitet und mit

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