
What is really \"Ashtanga Yoga\"?

Posted by Shimoda - 2009/02/26 19:24

This thread discusses the Content article: What is really "Ashtanga Yoga"?

Finally an interesting discussion about what is the real Ashtanga Yoga. If we really read the text of Patanjali we will discover that is quite far from what people usually think about Ashtanga nowadays. The yoga of Patanjali was basically about meditation, not really about an acrobatic dynamic physical workout like many people think. The word "asana" for example comes from Sanskrit and literally it means: "steady and comfortable sitting pose", so, for sure, no dynamism was contemplated in the traditional Ashtanga Yoga system of the Yoga Sutras of Patanjali. The system of "dynamic asanas" developed by Pattabhi Jois is definitely very good for people living in this age, especially in the western society, because the rhythm of our society is very fast, and few people are able to sit quietly in meditation, unfortunately. But still I think is very important to remember that the Ashtanga Yoga of Patanjali is something different from the method developed by Pattabhi Jois. Even because the Yoga Sutras of Patanjali is the basic starting point of every school of yoga, not only of the Pattabhi's school. So, I believe, but I'm not the only one (even among the Pattabhi's devotee), that it is actually inappropriate to call the system of Pattabhi Jois "Ashtanga", because it creates confusion and misunderstanding. I think it should rather be called "the Patthabhi's Ashtanga", because it is his interpretation of the original Ashtanga. Also other names of course could be fine, like "Ashtanga Vinyasa", "Patthabhi Yoga", etc. but definitely not just "Ashtanga".

What you think about it?

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