

wisdom of
YOGA

PHOTO ESSAY BY TOM ROSENTHAL
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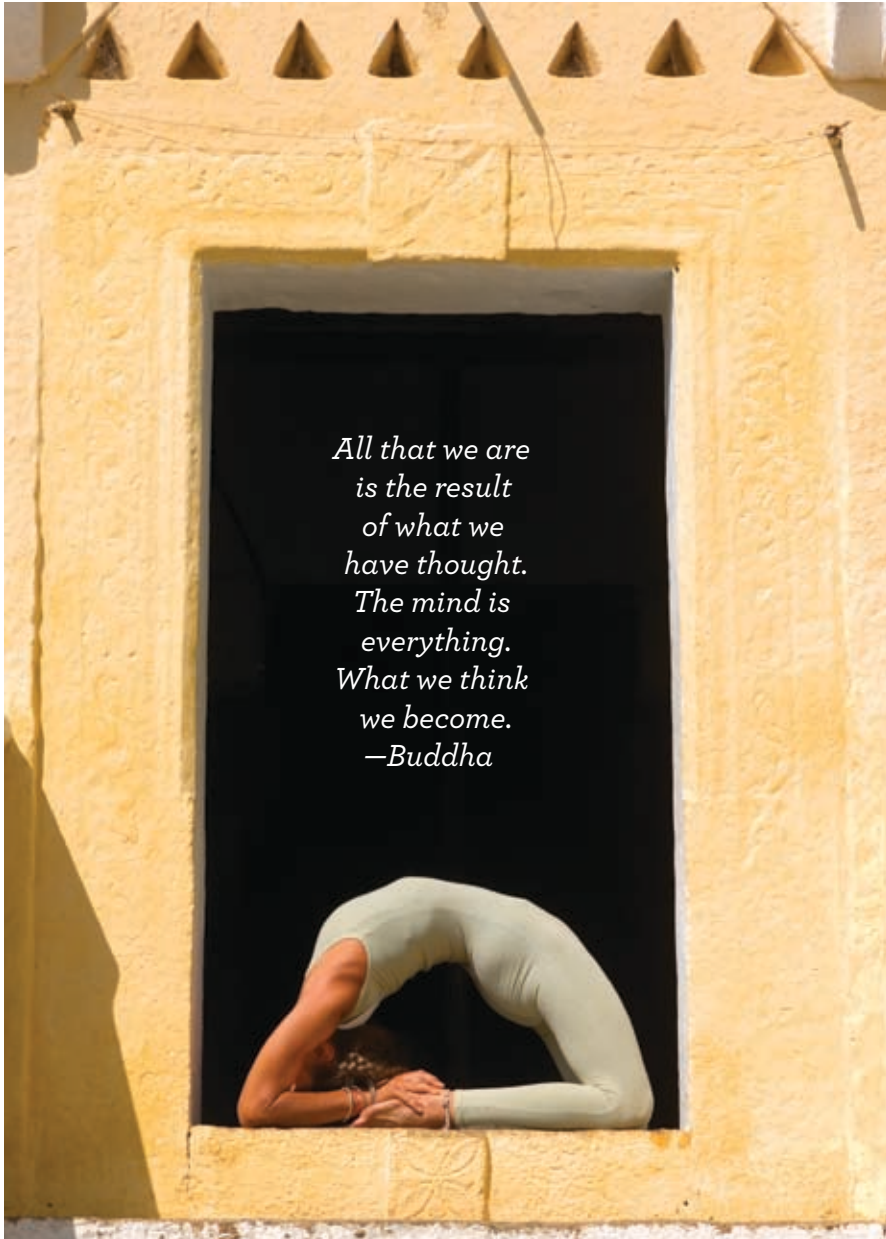


*The body is your temple. Keep it pure
and clean for the soul to reside in.
—B.K.S. Iyengar*



*Yoga exists in the world because
everything is linked.*

—T.K.V. Desikachar



*All that we are
is the result
of what we
have thought.
The mind is
everything.
What we think
we become.
—Buddha*



*Yoga is the
practice of
quieting the
mind.
—Patanjali*



Tom Rosenthal is a professional photographer whose own yoga quest brought him to Mysore, India, for the first time in 2004. As his yoga practice deepened, so did his passion for photography. It was only a matter of time before he discovered the potency of combining images of yoga asana with sacred sites that have nurtured and motivated people for centuries. Whether in the palace where Sri Krishnamacharya had his *shala* (yoga school), in a 3,000-year-old Shiva temple, or on a street bustling with energy, the artist's photographs capture the grace that has enabled yoga to survive for over 5,000 years.

Drawn into the stillness of the poses, looking at the photos one cannot help but drop into a silent space of meditation. The deep concentration of the yogis—coupled with the artist's devotion, skill, and presence of mind—evoke similar qualities in the viewer. Each image reveals a unique connection between the sacred geometry of the body and the ancient architecture that has sheltered saints and sages over millennia.

A true celebration of the sublime beauty of spiritual India, Tom Rosenthal offers a stunning glimpse into the heart of yoga to inspire the mind and uplift the soul. 🐾



*Happiness is your nature.
It is not wrong to desire it.
What is wrong is seeking it
outside when it is inside.*
—Ramana Maharshi



*God-realization is nothing but the ability and
expansiveness of the heart to love everything equally.*
—Mata Amritanandamayi Devi (Amma)



*Yoga is 99 percent practice
and 1 percent theory.*

—Sri Krishna Pattabhi Jois





*If you can't see God in All,
you can't see God at all.
—Yogi Bhajan*



A person is said to have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone.
—Bhagavad Gita

