

A scholar embarks on a quest to trace the roots of his yoga practice back to their source. What he finds confounds and unsettles him, and, ultimately, provides him with a glimpse of

YOGA'S GREATER TRUTH.

*The pale winter sunlight* shone from the high windows of the Cambridge University library onto a dark leather book cover. In the hall full of silent scholars, I opened it and leafed through picture after picture of men and women in familiar postures. Here was Warrior Pose; there was Downward Dog. On this page the standing balance Utthita Padangusthasana; on the next pages Headstand, Handstand, Supta Virasana, and more—everything you might expect to find in a manual of yoga asana. But this was no yoga book. It was a text describing an early 20th-century Danish system of dynamic exercise called Primitive Gymnastics. ¶ Standing in front of my yoga students

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by Mark Singleton

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photography by Richard Seagraves