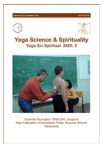
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Book Review: The Yoga Science by Divyansh Sharma

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Abstract

Yoga Science by Divyansh Sharma is a contemporary guide that seeks to connect traditional yogic knowledge with modern scientific understanding. First published by Hay House India in 2025, the book presents yoga through the perspectives of anatomy, physiology, biomechanics, alignment, and health promotion. Organized into four major sections, it progresses from the historical foundations of yoga and the eight limbs of practice to detailed analyses of asanas and their effects on the body. A central focus of the book is the scientific explanation of how muscles, joints, and connective tissues function during yoga practice, helping readers understand both the execution and the purpose of proper alignment. The author also emphasizes injury prevention by identifying common technical errors and providing practical guidance for safer practice. Beyond the physical dimension, the book discusses the psychological benefits of yoga, including stress reduction, improved concentration, and enhanced mind–body balance. Written in a clear and accessible style, the text is suitable for beginners as well as experienced practitioners, although some sections become more technical when addressing anatomical and scientific concepts. While the spiritual and philosophical aspects of yoga receive comparatively less attention, the book successfully achieves its primary aim of presenting yoga as a science-based discipline. Overall, The Yoga Science is a well-structured and informative resource for readers seeking a deeper understanding of yoga, body mechanics, safe practice, and holistic well-being.

Bibliographic Details
Author: Divyansh Sharma
Title: *The Yoga Science: A Complete Guide to Strength, Flexibility, and Injury Prevention*
Publisher: Hay House India
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The Yoga Science by Divyansh Sharma is a comprehensive and insightful guide that explores the connection between traditional yoga practices and modern scientific principles. The book aims to bridge the gap between ancient wisdom and contemporary understanding of the human body, offering readers a deeper perspective on how yoga contributes to physical strength, flexibility, and overall well-being. The book is written and first published by Hay House India in 2025.

One of the main strengths of this book is its clear and structured approach. The author presents complex concepts in a simple and accessible way, making it suitable for both beginners and more experienced practitioners. The book is divided into several sections:

1. **Section, The Ancient Science of Yoga**
   - From Ancient Texts to Modern Practice: The evolution of Yoga
   - Ashtanga Yoga: Embracing Eight Limbs of Progression
2. **Section, Anatomy, Physiology, and Biomechanics of Yoga**
   - The Science-Backed Power of Yoga
   - The Many Dimensions of Health
   - Health and Safety in Your Yoga Practice:

Key Considerations
- Exploring the Basics of Yoga Alignment
- Exploring the Connection between Yoga and Organ Systems
- Core Concepts in Biomechanics

3. **Section, Untwining the Asanas**
   - Fundational Asanas: The Path to Inner Peace
   - Bowing to Stillnes: Forward-Bending Asanas for Mind and Body
   - Open Heart, Open Mind: Exploring Backward Bending Asanas
   - Vulnerability and Strength: Heart-Opening Asanas for Growth
   - The Art of Rotation: Exploring Twisting Asanas
   - The Power of Lateral Bending Asanas
   - The Mind-Body Connection: Stress Release through Hip-Opening Asanas
   - Strengthening Asanas: A Key Component for Holistic Health
   - Mastering Upside-Down Asanas
   - Finding Your Centre: The Science of Balance-Oriented Asanas
4. **Section, The Final Stretch**

This organization allows readers to gradually build their knowledge and understand how each element of yoga practice affects the body.

A key theme in the book is the scientific explanation behind yoga poses. Divyansh Sharma emphasizes how muscles, joints, and connective tissues work together during different movements. By explaining the biomechanics of each pose, the author helps readers understand not only how to perform the poses correctly but also why proper alignment is important. This scientific perspective makes the book particularly valuable for those who want to practice yoga safely and effectively.

Another important aspect of The Yoga Science is its focus on injury prevention. Many people practice yoga without fully understanding the risks of improper technique. The author addresses this issue by providing detailed explanations of common mistakes and how to avoid them. This makes the book not only educational but also practical. Readers can apply the knowledge directly to their own practice, reducing the risk of strain or injury.

In addition to the physical aspects, the book also highlights the mental and psychological benefits of yoga. It explains how regular practice can reduce stress, improve concentration, and promote a sense of inner balance. This holistic approach reflects the true essence of yoga, which is not just about physical exercise but also about achieving harmony between the mind and body.

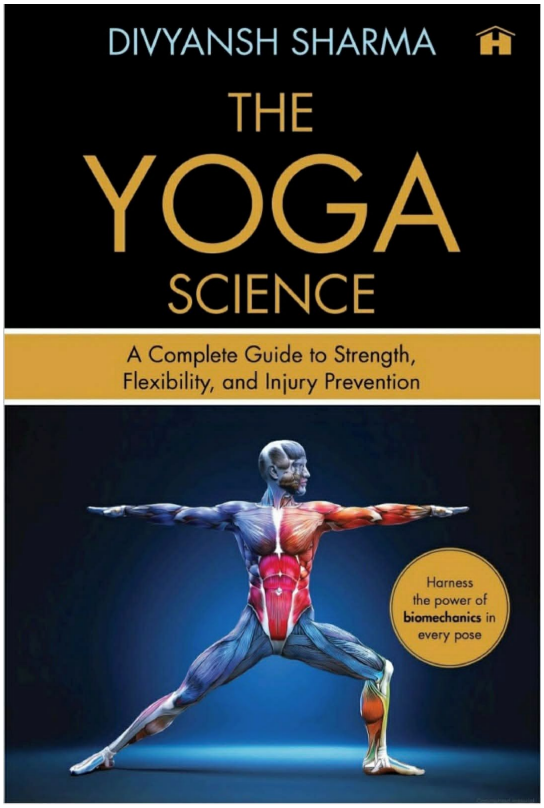


Figure 1: Cover page of the book The Yoga Science by Divyansh Sharma

The language used in the book is straightforward and easy to follow, although at times it can become slightly technical, especially when discussing anatomy and scientific concepts. However, this does not significantly reduce the readability, as the author makes an effort to explain difficult terms in a clear manner. The inclusion of practical examples and explanations further enhances understanding.

On the other hand, some readers might find that the book focuses more on the physical and scientific aspects of yoga rather than its spiritual side. While this approach is beneficial for those interested in anatomy and fitness, readers looking for a deeper exploration of yoga philosophy may find it somewhat limited. Nevertheless, the book successfully achieves its goal of presenting yoga as a science-based practice.

In conclusion, The Yoga Science by Divyansh Sharma is an informative and well-structured guide that combines traditional yoga knowledge with modern scientific insights. It is particularly useful for individuals who want to improve their practice, understand their bodies better, and prevent injuries. Despite its slight lack of focus on the spiritual dimension, the book remains a valuable resource for anyone interested in yoga and physical well-being.