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Schuster

*Learn the Taoist secrets of slow,
sensual sex, massage and sexual
healing.*

*Learn to express your soul's
longing, delve into images that
awaken your imagination and*

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speak of a truth yet unexplored.

*Allow Art & Yoga to take you on a
journey to your intuitive, creative
and authentic self! Yogis will find
creative exercises to deepen their
experience of yoga, while artists
will discover simple, yet profound*

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yoga and meditation practices that will help their creative flow, focus, and intuition. For anyone interested in yoga and the arts, this book explains how to create a daily Art and Yoga practice, providing step-by-step guidelines for producing art

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and doing yoga as complementary practices individually, in a group, or in community. Along the way, we draw inspiration from the teachings of Yogi Bhajan, nature, artists of the past, and recent developments in healing and

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spirituality. There is no need to know how to draw, paint, meditate, or do yoga to use this book. The art exercises are designed to make the experience accessible and fun, while also introducing a variety of inexpensive, safe, and easy-to-

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*obtain art materials. Any
experience you bring to the process
will be helpful. If you teach yoga or
art or if you work as a healer,
you'll find inspiration and practical
ways to deepen your professional
practice.*

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*What Kundalini Is and Why We
Need It Kundalini yoga is an
accessible practice for sharpening
your mind, finding balance in your
daily life, increasing your body's
strength, and developing a
connection to the divine. Filled*

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with quick one-, three-, and eleven-minute exercises, this book is designed to help you begin or embolden your own personal Kundalini practice. Explore simple breathing techniques to bring the hemispheres of the brain into

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*equilibrium. Work through
postures (also known as asanas)
that move your body into proper
alignment. Discover mantras to
amplify your intentions and
activate the energy center of the
chakras as well as mudras to direct*

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*the intention of your practice and
create lasting change. In easily
digestible chapters, Erin Elizabeth
Downing shares Kundalini basics,
nutritional wisdom, tips for
balancing the masculine and
feminine energies of the body, and*

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much more. You will discover more than fifty hands-on practices for specific physical and spiritual needs, such as detoxifying your body, pushing past blockages, and expanding your vital life-force energy throughout your body.

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Yoga Meditation

Yoga Beyond Belief

Pick Your Yoga Practice

Yoga from the Inside Out

*Exercise. for the Christian Body
and Soul*

A Seeker's Guide to Extraordinary

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Living

The Spirit of Yoga

Deepening Your Practice

For modern spiritual seekers and
yoga students alike, here is an
irreverent yet profound guide to
the most sophisticated teachings

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of the yoga wisdom tradition—now brought to contemporary life by a celebrated author, psychotherapist, and leading American yoga instructor. While many Westerners still think of yoga as an invigorating series of

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postures and breathing exercises, these physical practices are only part of a vast and ancient spiritual science. For more than three millennia, yoga sages systematically explored the essential questions of our human

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existence: What are the root causes of suffering, and how can we achieve freedom and happiness? What would it be like to function at the maximum potential of our minds, bodies, and spirits? What is an optimal human

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life? Nowhere have their discoveries been more brilliantly distilled than in a short-but famously difficult-treatise called the Yogasutra. This revered text lays out the entire path of inner development in remarkable

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detail-ranging from practices that build character and mental power to the highest reaches of spiritual realization. Now Stephen Cope unlocks the teachings of the Yogasutra by showing them at work in the lives of a group of

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friends and fellow yoga students who are confronting the full modern catastrophe of careers, relationships, and dysfunctional family dynamics. Interweaving their daily dilemmas with insights from modern psychology,

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neuroscience, religion, and philosophy, he shows the astonishing relevance and practicality of this timeless psychology of awakening. Leavened with wit and passion, The Wisdom of Yoga is a superb

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companion and guide for anyone seeking enhanced creativity, better relationships, and a more ethical and graceful way of living in the world.

Expand your energy and raise your sense of personal power with

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power yoga, the athletic and dynamic style of yoga that delivers high intensity and quick results. In Power Yoga: Strength, Sweat, and Spirit, you will learn the poses, practices, and philosophy of this fitness- and focus-boosting

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training method to strengthen your body and awaken your spirit. This potent practice is a complete workout on its own, but it also offers tremendous benefits when combined with other workouts and sports. In addition to physical

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strength, stamina, and flexibility, the dynamic movements of power yoga challenge you to develop focus, balance, and purpose that extend to life beyond the yoga mat. Dozens of warm-up, power, peak, and cool-down poses are

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presented in full color, and adaptations to modify or intensify each pose allow you to customize your practice for maximum effectiveness and safety.

Sequences ranging from 5 to 60 minutes—including sport-specific

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sequences for running, cycling, team sports, and high-intensity activities—offer options that match your goals and lifestyle, and the 28-day plan can be adjusted into a plan that works for you, based on the results you want. Power Yoga:

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Strength, Sweat, and Spirit is your vehicle for creating extraordinary physical and spiritual results that you will notice quickly and be able to maintain for a lifetime. Become your most powerful self with power yoga. CE exam available! For

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certified professionals, a companion continuing education exam can be completed after reading this book. The Power Yoga Online CE Exam may be purchased separately or as part of the Power Yoga With CE Exam package,

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which includes both the book and the exam.

Yoga is over 5,500 years old, making it the oldest known spiritual practice. Millions of people around the world now practice it, often to lose weight or

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tone their bodies. Although yoga is effective at this, it is in fact a spiritual discipline of which the exercises are only one part; its ultimate goal is to unify body and mind and bring us to a state of ultimate peace. This book explains

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the philosophy and teachings behind yoga in a fresh and accessible way, and also includes clear and poetic translations of the key yoga scriptures: the Yoga Sutras, the Bhagavad Gita and the Upanishads. These ancient texts

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contain instructions for the philosophy, method and practice of yoga and are guides to inner wisdom. Whether you are a beginner at Yoga, an experienced practitioner, a teacher or in teacher training, this book will

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enable you to add new depth and meaning to your current practice, accessing the full potential and power of Yoga to transform your life.

An introduction to the spiritual dimensions of the poses practiced

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in yoga covers such aspects as energy control, meditation and inner enlightenment while drawing on the teachings of Paramhansa Yogananda and his disciple, Swami Kriyananda. Original.
Kundalini Awakening in Everyday

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Life

Poses to Support Your Sitting
Practice

Yoga Beyond the Mat

Spiritual Yoga

Creating a Life Practice

The Spiritual Teachings of Yoga

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Yoga Revolution

Yoga Mind, Body & Spirit

The long-awaited, complete guide to the popular, vigorous American method of yoga that is deeply rooted in ancient wisdom and scriptures "In this day and age of health and fitness trends, it is assuring to know that

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Sharon and David encourage their students to draw inspiration from the classical texts of Yoga and timeless scriptural sources. ”—Sri Swami Satchidananda Creators of the extremely popular Jivamukti Yoga method and cofounders of the New York City studios where it is taught,

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Sharon Gannon and David Life present their unique style of yoga for the first time in book form. As they explain their intensely physical and spiritual system of flowing postures, they provide inspiring expert instruction to guide you in your practice. Unlike many books about

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yoga, Jivamukti Yoga focuses not only on the physical postures but also on how they evolved—the origins of the practices in yoga's ancient sacred texts and five-thousand-year-old traditions—the psychotherapeutic benefits that accrue with a steady practice, and the spiritual power that is

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set free when energy flows throughout the mind and body. Jivamukti Yoga, which means “soul liberation,” guides your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realization—the ultimate goal of any practice. Gannon and Life help you

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*understand each of the practices that
comprise the yoga path to
enlightenment: AHIMSA–The Way of
Compassion: choosing nonviolence,
respecting all life, practicing
vegetarianism, living free of prejudice
ASANA–The Way of Connection to the
Earth: postures and sequences,*

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*breathing, transforming energy,
understanding the bandhas*

*KARMA—The Way of Action: creating
good karma, giving thanks*

*NADAM—The Way of Sacred Music:
appreciating the sacred sounds of*

*yoga MEDITATION—The Way of the
Witness: how to sit still and move*

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inward BHAKTI—The Way of Devotion to God: living with love, grace, and peace Whatever yoga you practice, Jivamukti Yoga will help you to strengthen and deepen that practice and lead you onto a path of spiritual clarity and self-discovery. “If there is only one book you read about the

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practice of Yoga, this should be the one. . . . This book is for anyone who wishes to find transformation through Yoga. I'm grateful for their work and teaching.”—Stephan Rechtschaffen, MD, Co-founder & CEO, Omega Institute

AARP Digital Editions offer you

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practical tips, proven solutions, and expert guidance. The remarkable benefits of yoga, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice. When adhered to and practiced mindfully,

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yoga can unlock readers' full creative potential, their capacity for love and compassion, and ability to find success in all areas of their lives. The Seven Spiritual Laws of Yoga brings spirituality back to yoga. It shows how the Seven Spiritual Laws play a crucial role in yoga's path to enlightenment

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while providing readers with a wealth of meditation techniques, mantras, breathing exercises, and yoga poses. Whether a newcomer to yoga or an experienced practitioner, The Seven Spiritual Laws of Yoga is a portal to yoga's deeper spiritual dimension and a beautiful step to a happier, more

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harmonious, and more abundant life. It is time to address the dissonance between the often superficial way yoga is currently being practiced and the depth of yoga's ancient universal spiritual teachings. In this clarion call to action, Jivana Heyman offers a blueprint for cultivating a practice

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based in the ancient wisdom of the Bhagavad Gita and the Yoga Sutras in service of those experiencing exclusion and oppression. Heyman illuminates the yogic mandate of seva—or acts of service that see, care for, and uplift those around us—as a way to serve the world without losing

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your way. Through pose sequences, practice prompts such as “Embracing Failure,” and stories from yoga teachers who are implementing seva in their classes, Heyman shows you what it means to serve, how to serve, and how to promote inclusivity through your service. Our job, says Heyman, is

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not to clear our mind through yoga practice, but rather to expand it so widely that it can embrace the entire universe.

The Kundalini Yoga tradition speaks of a call to the Divine that awakens “the Original Light of the soul.” Through meditation, prayer, and sacred song,

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those of all faiths can connect with this illuminating source—Kundalini, the universal energy of awareness and healing that awakens within. With Original Light, kirtan (devotional chant) singer Snatam Kaur takes us into the heart of the path, as taught in the Aquarian Sadhana, its primary guide

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to daily practice. Readers explore Kundalini Yoga's key principles, enriched by Snatam Kaur's stories and insights as a lifelong practitioner. She then teaches its five stages of practice, including preparation, sacred recitations, breathing fundamentals, energizing yoga sets, meditations,

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morning chants, and more. This invaluable resource offers for the first time Snatam Kaur's personal instruction—a direct transmission from her teacher and Kundalini Yoga's founder, Yogi Bhajan—to anyone inspired by yoga or devotional singing. Includes two CDs with guided chants

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and practices.

Holy Yoga

Practices for Liberating Body and Soul

A Woman's Guide to the Heart and

Spirit of the Yoga Sutras

The Practice of Mindful Yoga

Insights to Awaken and Deepen Your

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Practice

Art & Yoga

*Blending an Ancient Jewish Spiritual
Practice with Yoga to Transform Body
and Soul*

**An accessible introduction to
an embodied spiritual practice
for anyone seeking profound**

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**and lasting self-
transformation. “Mussar
practice aims to help us
become more whole in our
lives. It is focused on helping
us move from partialness or
even brokenness toward
wholeness. Yoga embodies a**

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**similar concept.... By
marrying Mussar practice and
yoga practice, this book opens
a new pathway to developing
greater wholeness.... The
wholeness that comes of our
efforts in turn affects both
body and soul, and we**

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**experience the fruit of our
efforts in the form of inner
peace.” —from the Foreword
In this clear and easy-to-use
introduction to Mussar
Yoga—a blending of Jewish
and Eastern spiritual
practices—you will learn how**

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**to explore the physical
dimension of ethical
behaviors and attitudes such
as humility, generosity,
enthusiasm and gratitude
through yoga poses and the
yogic practice of breath work.
Intended for the novice as**

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**well as the yoga expert, and
for people of all faiths, each
exercise is accompanied by
step-by-step instructions,
helpful photographs, mantras
and journaling exercises. With
practice, Mussar Yoga can
help free you from bad habits**

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**and self-destructive behavior,
increase your capacity for
compassion and acts of
goodness, and help you
develop a more fulfilling,
meaningful life.**

**Action with awareness is both
the vehicle and the**

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**destination in all phases of
Babaji's Kriya Yoga. Through
it we become aware of That
which is aware; which is the
one constant underlying all of
our thoughts and experiences.
Babaji's Kriya Yoga is a means
of self-knowledge, of knowing**

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our selves and the truth of our being. It brings action with awareness and a devotional spirit into our practice of asanas, pranayama, meditation, mantras and also into all our thoughts, words, dreams and desires and

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actions. This sadhana has enormous potential to make us more conscious human beings. It requires the willingness of the body, mind, heart and will, to align with the soul in aspiration of purification and perfection.

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This book provides detailed instructions, diagrams and photographs in the practice of a particular set of 18 Yoga asanas or postures, known as Babaji's Kriya Hatha Yoga. The essays and instructions herein enable the practitioner

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to go beyond the development and health of the physical body, and to transform the practice of yoga asana into a spiritual practice, inducing a higher state of consciousness. Unlike earlier publications related to Hatha Yoga, this

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volume will show you how to transform your Hatha Yoga practice into a means for Self-Realization. It introduces students to the Five-fold Path of Babaji's Kriya Yoga. This book is dedicated to Yoga students new to Kriya Yoga

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**and also to Initiated students
looking to deepen their own
practice.**

**On the surface it may appear
that yoga is yoga is yoga, but
take a closer look and you'll
discover myriad different yoga
systems and lineages. There**

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are dozens of yoga styles to choose from, and while yoga is for everyone, not every style is the perfect fit for every person. But how do you choose between mysterious-sounding names such as Ashtanga, Kundalini, Bikram,

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and Kripalu? As Meagan McCrary discovered when she began exploring different classes, finding the right style is essential for establishing a steady yoga practice. Pick Your Yoga Practice is the first book to describe the most

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**prominent yoga styles in
depth, including teaching
methodology, elements of
practice, philosophical and
spiritual underpinnings, class
structure, physical exertion,
and personal attention. Those
new to yoga will discover they**

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**have options and can
confidently attend a class of
their choosing, while
experienced practitioners will
expand their understanding of
the vast world of modern
yoga, and perhaps find
themselves venturing into new**

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**territory. Ashtanga * Iyengar *
Kundalini * Integral * Kripalu
Bikram * Jivamukti *
Sivananda * Ananda Viniyoga
* Svaroopaa * Power * Forrest *
ISHTA Anusara * Moksha *
AcroYoga
According to the yogic**

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**tradition of India, the seven
chakras, or energy centers,
concentrate and distribute
refined life-force energy
throughout the body. Yoga
master Alan Finger, well-
known for his many Yoga Zone
teaching videos, presents**

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**detailed yoga practices and
meditation instructions for
understanding the chakras
and bringing them into
balance. This book is for
serious students who wish to
cultivate subtle energies
using ancient tantric**

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**methods. Illustrated with
photos and anatomical
drawings, with audio
recordings of guided
meditations to supplement
your practice available for
free online.**

A Modern Guide to What It Is

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**and How to Practice
Teach Yoga Touch Hearts
Overcoming Trauma through
Yoga
A Connected Path to
Awareness
The Big Book of Yoga Therapy
The Path of Modern Yoga**

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**Through Mantra, Chakras and
Kundalini to Spiritual
Freedom**

A Life Worth Breathing

Here is an inspirational and
accessible introduction to the deep
inner wisdom of yoga gathered from

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sources both ancient and modern by one of America's most respected yoga scholars. YOGA GEMS For the millions of Americans who now practice yoga regularly, here is the perfect introduction to the rich philosophical and spiritual tradition

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behind the exercises. George Feuerstein has drawn short, memorable quotations from the key texts of this five-thousand-year-old legacy, with an emphasis on the wisdom of modern yoga masters. The quotations have been selected and

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arranged to address the needs of
yoga practitioners in the twenty-first
century. Among the many themes
touched on in this treasure of a book:
the process of inner growth; the
value of silence; how to meditate;
how to infuse everyday life with joy;

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universal kinship; overcoming
suffering; dealing with grief, loss,
anger, and jealousy; remembering
and cultivating one's true inner self;
developing self-discipline; and
bringing out the good in all you say
and do. For both new and

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experienced yoga students alike,
Yoga Gems is the perfect travel
companion on the road to inner
peace.

Yoga Beyond Belief offers a unique
vision of contemporary yoga. It
integrates scientific and practical

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approaches providing a much-needed integrative perspective that complements existing yoga books for all levels and styles of yoga students. Serving up a collection of valuable insights gleaned from a lifetime of exploration, practice,

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study, and teaching by one of
America's pioneering and leading
teachers of yoga, the book assists
readers in making sense of the many
discordant claims and teaching
techniques that currently exist in the
yoga world, freeing readers to pursue

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their own individual paths of yoga and personal practice. This is an essential text and reference for all yoga practitioners. The book first sets a context for an open-minded and evolutionary approach to yoga practice, and then explains the core

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principles of the many branches of yoga. A clear foundation is given for how the physical practices of yoga work to produce remarkable results of health and well being. The chapter Injury, Pain, and Healing shows how to prevent injuries and how to heal

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injuries should they occur. The reader is given a wealth of sophisticated of tools, insights, and anecdotes gleaned from a lifetime of practice and teaching to develop, hone, and tune his or her personal yoga approach. This book makes

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yoga come alive for the reader. The book concludes by going beyond the physical aspects to the heart of yoga. It illuminates and gives insight into the discovery of non-dogmatic forms and evolutionary approaches to meditation and spirituality. It

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presents a clear argument showing the pitfalls of regimented systems and how to make everything in daily life part of yoga practice and spiritual development. Ganga White gives us his unique and creative perspectives on a time-tested

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discipline for a healthy and vital life. Entertaining and thoroughly readable, this book offers a coherent explication of yoga, its philosophy and practice. White's integrative views will inspire beginners and accomplished yogis to trust their

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inner wisdom and creatively reassess their practice. He is a great storyteller and gives us his personal and creative perspective, breathing fresh air into an ancient discipline. Yoga Beyond Belief offers an original, integrative approach to

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body, mind, and spirit that is practical, inspiring, and full of valuable insights to enliven and inform anyone's yoga practice. Discover the path to inner peace with this guidebook that combines hatha yoga and meditation strategies

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from world-renowned yoga master
Erich Shiffmann. World-renowned
yoga master Erich Schiffmann offers
an easy-to-follow, exciting new
techniques—the first to combine
hatha yoga and meditation—to all
who are seeking healthful beauty and

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inner peace.

A history of yoga's transformation
from sacred discipline to exercise
program to embodied spiritual
practice • Identifies the origin of
exercise yoga as India's response to
the mania for exercise sweeping the

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West in the early 20th century •
Examines yoga's transformations
through the lives and
accomplishments of 11 key figures,
including Sri Yogendra, K. V. Iyer,
Louise Morgan, Krishnamacharya,
Swami Sivananda, Indra Devi, and

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B. K. S. Iyengar • Draws on more than 10 years of research from rare primary sources and includes 99 illustrations In The Path of Modern Yoga, Elliott Goldberg shows how yoga was transformed from a sacred practice into a health and fitness

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regime for middle-class Indians in the early 20th century and then gradually transformed over the course of the 20th century into an embodied spiritual practice--a yoga for our times. Drawing on more than 10 years of research from rare

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primary sources as well as recent scholarship, Goldberg tells the sweeping story of modern yoga through the remarkable lives and accomplishments of 11 key figures: six Indian yogis (Sri Yogendra, Swami Kuvalayananda, S.

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Sundaram, T. Krishnamacharya,
Swami Sivananda, and B. K. S.
Iyengar), an Indian bodybuilder (K.
V. Iyer), a rajah (Bhavanarao Pant
Pratinidhi), an American-born
journalist (Louise Morgan), an
Indian diplomat (Apa Pant), and a

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Russian-born yogi trained in India (Indra Devi). The author places their achievements within the context of such Western trends as the physical culture movement, the commodification of exercise, militant nationalism, jazz age

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popular entertainment, the quest for youth and beauty, and 19th-century New Age religion. In chronicling how the transformation of yoga from sacred discipline to exercise program allowed for the creation of an embodied spiritual practice,

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Goldberg presents an original,
authoritative, provocative, and
illuminating interpretation of the
history of modern yoga.

Awakening to Higher Awareness
Finding the Spiritual in Everyday
Life

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A Practical Guide to Healing Body,
Mind, and Spirit

A Return to Wholeness

Quantum Yoga

A Yoga Master's Handbook of
Strength, Grace, and Healing

Yoga for Meditators

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**AARP The Seven Spiritual Laws of
Yoga**

**A practical "how-to" guide for persons
who want to learn how to meditate or
practice yoga in a way that is consistent
with their Christian faith.**

Charlotte Bell, author of Mindful Yoga,

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Mindful Life, has blended the practices of yoga and meditation since 1986. In her new book, Yoga for Meditators, she writes, "Asana practice, by its very nature, is about preparing the body for meditation. So a book on yoga for meditators may seem redundant. All yoga is for meditators, after all. Still,

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there are poses that I have found to be optimal in addressing the specific physical challenges that arise during meditation, and it is in this spirit that I offer the practices in this book."

Divided into four parts, the book offers practices that are designed for both beginning and seasoned practitioners: ●

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Taking a Seat: Steady and Comfortable—addresses the most common physical issues that can cause discomfort during sitting in meditation.

• **Yoga Poses for Sitting Meditation**—outlines asanas to guide you to a more easeful practice. Whether you practice vipassana, Zen,

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Transcendental, kriya, or any other kind of sitting meditation, these poses will help you collect the mind, awaken the spine, relax the base, soften the shoulders, and quiet the body-mind. • Practicing Yoga—uses the asanas from part two to create sequences for calming agitation, increasing energy, opening

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the hips, relieving stress, easing the lower back, and practicing during the moon cycle. • Alternate Meditation Postures—discusses the other traditional meditation positions—walking, standing, and lying—with ways to settle into each. "The silent, peaceful mind is our

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birthright; it lives inside us all,"
Charlotte writes. "Our minds and
bodies are interwoven. When the body
is at ease, the mind has a much easier
time settling into silence. May your
asana and meditation practices uncover
the peace that already lives within."
In this book, professional photographer

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and yoga teacher Cat De Rham brings her own personal vision to the yoga sutras in words and pictures. Written over 2000 years ago, the yoga sutras are a step-by-step guide to the attainment of true liberation. There are eight stages or limbs of this quest: the eight limbs of yoga.

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Are you ready to practice yoga with all the heart and soul that it originally had? Recently a roundtable of America's top yoga teachers agreed that those who fail to understand the true spirit of yoga, using it only for striving, was the greatest challenge faced by the practice today. What is the cost to

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women using yoga to try and achieve an ideal? What are the benefits of embracing heart-centered yoga and self-acceptance? How can you return yoga to its original spirit?

**8 Levels of Practice for Body and Soul
Strength, Sweat, and Spirit
The Secret Power of Yoga**

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**The History of an Embodied Spiritual
Practice**

Living Yoga

**Transforming Your Body, Mind, and
Spirit**

Yoga Body, Buddha Mind

The Wisdom of Yoga

A guide to creating Inspirational classes for

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Yoga Instructors. This book is a must-read for planning unique, inspirational, and heart-centered yoga classes. A handy resource for all who are seeking guidance and enthusiasm on the path of yoga.

In *The Secret Power of Yoga*, world-renowned Yoga expert Nischala Joy Devi interprets Patanjali ' s Yoga Sutras, the

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principles at the basis of Yoga practice, from a heart-centered, intuitive, feminine perspective, resulting in the first translation intended for women. Yoga is well known for its power to create a healthy body, but few realize the emotional and spiritual benefits. Devi ' s simple, elegant, and deeply personal

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interpretations capture the spirit of each sutra, and her suggested practices offer numerous ways to embrace the spirituality of Yoga throughout your day.

The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official

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Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you ' ll learn the Drunk Yoga rules (so you don ' t make any pour decisions), partner activities (so

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you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about

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wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker ' s newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

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Christy Turlington is a serious yoga practitioner who has been practicing for over 15 years. This is the only REAL yoga book you'll ever need. In this book she explores the eight tenets of yoga and discusses how to incorporate it into everyday life, no matter how busy you are. She also touches on how yoga has made

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her own life more peaceful through stressful times and events. Both revealing and instructional, beautiful and covetable, Living Yoga is suitable for people of all levels, from those who are trying yoga for the first time to more advanced practitioners.

Taoist Yoga and Sexual Energy

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Mussar Yoga

The Holistic Approach to Creating Your
Ideal Practice

50 Wine & Yoga Poses to Lift Your
Spirit(s)

Power Yoga

Yoga Shalom

Balancing Energy for Physical, Spiritual,

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and Mental Well-being

Exploring and Understanding Different
Styles of Yoga

A complete manual for
physical and spiritual
well-being from the
founder of the OM yoga

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center. In *Yoga Body, Buddha Mind*, the first book to give readers the best of both inextricably linked practices, Cyndi Lee -- author of the bestselling series *OM Yoga*

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in a Box -- shares her
twenty years of experience
as a practicing Tibetan
Buddhist and one of the
country's most famous yoga
instructors. This easy-to-
use guide shows readers of

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all yoga levels how to
combine the basic tenets
of Buddhism and meditation
with yoga practice. Her
book offers simple
meditation programs and
exercise sequences that

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can be done just about
anywhere, in addition to
more advanced and rigorous
regimens. Written in the
same personal,
comfortable, and
charismatic style that

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Cyndi Lee has brought to her classes, Yoga Body, Buddha Mind is a comprehensive how-to guide for spiritual well-being and the ultimate enlightening experience.

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Most people have heard of yoga, even if they've never stepped onto a yoga mat themselves. But what is the true meaning of yoga and how can we bring more awareness into our

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yoga practice? The
Practice of Mindful Yoga
explores the connection
between yoga and
mindfulness, offering
practical exercises to
help both beginners and

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experienced practitioners
live a more mindful life
both on and off the mat.
Through insightful ideas
and personal anecdotes,
author Hannah Moss
explains the ways in which

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mindfulness is fundamental to yoga and how the breath becomes a bridge between the two. She invites the reader to join her on an inspiring journey of self-discovery and conscious

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awareness through the
enriching practice of
mindful yoga.

An essential guide to yoga
for healing the body, soul
and mind This book is
based on the fundamental

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principles of the yoga
tradition according to the
yoga master, T.

Krishnamacharya and his
pupil, A.G. Mohan, and on
the latest insights in the
study of western anatomy.

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It is written in a way
that is clear and easy to
understand and is suitable
for beginners and advanced
yoga practitioners alike,
who are interested in the
great healing potential of

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yoga therapy. In this book, Remo Rittiner has incorporated his many years of experience with a host of people who regularly practise under his yoga instruction.

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After intensive yoga study and practice with A. Mohan in India, Remo Rittiner was awarded a diploma as an Ayur Yoga teacher and yoga therapist in 1996. He has run the well-known

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Ayur Yoga Center in Zurich since 1997. He began working as a trainer of yoga teachers in 2000, and in 2004 he set up the first yoga therapy training in Switzerland.

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In the same year he was chosen by the international yoga therapy association, IYAT, as the first adviser for Switzerland. Remo Rittiner also runs the

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international Healing and
Transformation yoga
teaching courses in Spain
and is a guest lecturer on
various yoga training
courses. Spiritual yoga
practice with meditation

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as a way to achieve health and clarity is a significant element of his work.

The author of Yoga Journal's most-read column presents the first

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holistic guide to yoga A
user-friendly guide
illustrated with 240 two-
color photographs and
illustrations, Yoga Mind,
Body & Spirit sets forth
the tenets of this gentle

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yet rigorous exercise as
no other book has.

Integrating the teachings
of every tradition,
internationally renowned
yoga instructor Donna
Farhi reveals how yoga

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enhances the connections between the mind, body, and spirit. She outlines the seven simple movement principles that underlie all human motion and provides exercises to help

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readers understand how they can achieve all yoga postures. She also discusses the ten ethical precepts that are the foundation of all yoga teachings and explains how

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to incorporate them into a
spiritually and
emotionally rewarding
inner practice. At the
heart of Yoga Mind, Body &
Spirit are more than
seventy-five yoga asanas

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or postures. Each is one
pictured and described in
detail, and they are
arranged into related
groups--including standing
postures, sitting
postures, arm balances,

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and breathing
practices--or easy
reference. A selection of
yoga practices of varying
lengths and levels of
difficulty provides
challenges and inspiration

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for beginner,
intermediate, and advanced
students. A huge
resurgence of interest in
yoga is sweeping the
country. With its broad
scope and holistic

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approach, Yoga Mind, Body
& Spirit is the ideal book
for today's mainstream
audience.

How to Make Yoga Your
Spiritual Practice
Reclaiming Your Body

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Chakra Yoga

Kundalini Yoga Demystified

Living Your Yoga

Babaji's Kriya Yoga

Drunk Yoga

Jivamukti Yoga

FROM SWEAT TO SAMADHI: The

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Path of ASTANGA YOGA Beyond
Power Yoga presents and explores the
complete journey of the classical
astanga yoga system, from power
yoga to meditation and liberation.
Bender Birch's first book, the
groundbreaking Power Yoga,
introduced one level of astanga yoga

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to mainstream America -- a high-heat, high-energy mind/body workout. Now, Beyond Power Yoga presents all eight levels, or limbs, of this ancient method -- a total practice for body and soul. Drawing a parallel between astanga yoga's eight limbs and the mind/body energy centers (chakras) of Eastern

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philosophy, Bender Birch shows us how we can balance and heal our body, focus and relax our mind, amplify and direct our energy (prana), and ultimately reclaim our spiritual connection to Universal Consciousness. Each chapter offers specific practices to help the reader

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uncover and experience the insights of
the astanga yoga journey. The
YAMAS: Exploring the Fundamentals
The NIYAMAS: Doing the Work
ASANA: Practicing the Postures
PRANAYAMA: Breathing Mindfully
PRATYAHARA: Turning Inward
DHARANA: Developing Concentration

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DHYANA: Experiencing Meditation
SAMADHI: Living Joyfully Presented in
the down-to-earth illuminating style
and inspiring voice of the author,
illustrated with easy-to-follow photos,
plus a special wall chart of the asana
sequences, Beyond Power Yoga
offers a short form of the dynamic

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mind/body power yoga method, then journeys through the deeper levels of spiritual practice.

Survivors of trauma—whether abuse, accidents, or war—can end up profoundly wounded, betrayed by their bodies that failed to get them to safety and that are a source of pain. In order

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to fully heal from trauma, a connection must be made with oneself, including one's body. The trauma-sensitive yoga described in this book moves beyond traditional talk therapies that focus on the mind, by bringing the body actively into the healing process. This allows trauma survivors to cultivate a more

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positive relationship to their body through gentle breath, mindfulness, and movement practices. Overcoming Trauma through Yoga is a book for survivors, clinicians, and yoga instructors who are interested in mind/body healing. It introduces trauma-sensitive yoga, a modified

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approach to yoga developed in collaboration between yoga teachers and clinicians at the Trauma Center at Justice Resource Institute, led by yoga teacher David Emerson, along with medical doctor Bessel van der Kolk. The book begins with an in-depth description of trauma and post-

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traumatic stress disorder (PTSD), including a description of how trauma is held in the body and the need for body-based treatment. It offers a brief history of yoga, describes various styles of yoga commonly found in Western practice, and identifies four key themes of trauma-sensitive yoga.

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Chair-based exercises are described that can be incorporated into individual or group therapy, targeting specific treatment goals, and modifications are offered for mat-based yoga classes. Each exercise includes trauma-sensitive language to introduce the practice, as well as photographs to

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illustrate the poses. The practices have been offered to a wide range of individuals and groups, including men and women, teens, returning veterans, and others. Rounded out by valuable quotes and case stories, the book presents mindfulness, breathing, and yoga exercises that can be used by

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home practitioners, yoga teachers, and therapists as a way to cultivate awareness, tolerance, and an increased acceptance of the self.

People often equate yoga with Eastern religion, but Brooke Boon sees it as an exercise style that Christians can use to generate patience, strength, and

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deeper worship. Author and yoga instructor Brooke Boon combines her passion for Christianity with her commitment to health to introduce yoga as a physical and spiritual discipline that strengthens the body and the soul. Clear explanations and photographs make yoga accessible for

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any reader, and Brooke offers customized routines for readers struggling with specific issues, such as weight loss and anxiety. Through it all Brooke uses scriptural references to help reinforce the idea that by taking care of our bodies we can also take care of our faith.

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While many engage in asana, the physical practice, yoga's most transformative effects are found in the realms of the spiritual and psychological. Yoga Beyond the Mat shows you how to develop a personal, holistic yoga practice to achieve lasting and permanent transformation.

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Join Alanna Kaivalya as she guides you through a complete range of topics, including Removing Obstacles
Appreciating the Present Moment
Balancing the Chakras Healing
Childhood Wounds Creating Your Own
Rituals Transforming Your Archetypal
Energy Entering the Blissful State This

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book shows you that yoga doesn't make your life easier; it makes you better at your life. Through ritual, meditation, journaling, asana, and other spiritual practices, Yoga Beyond the Mat provides techniques for developing a personal mythology and allowing the ego to rest, leading

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modern-day yogis toward what they have been missing: the realization of personal bliss. Praise: "[Alanna] guides and inspires students and teachers alike toward their own liberation, with patience, generosity, and wholehearted enthusiasm."—Linda Sparrowe, former

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editor-in-chief of Yoga International and author of Yoga At Home "This is the book I dreamed of when I started my yoga path...[Yoga Beyond the Mat includes] all the steps, tools, rituals, and wisdom for lasting bliss."—Dana Flynn, founder of Laughing Lotus Yoga "Alanna has pioneered a relevant,

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educational book; deep thinking and laced humor."—Ana T. Forrest, founder of Forrest Yoga and author of Fierce Medicine "Alanna reveals with great clarity and approachable language the nuances, shadings and shadows of this ancient ritual of wellness. I highly recommend it."—

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Dennis Patrick Slattery, PhD, author of Riting Myth "Alanna's rigorous scholarship interweaves with applicable and tangible to-do's that brings reality to your spirituality."—Jill Miller, creator of Yoga Tune Up® and bestselling author of The Roll Model "In today's hectic life, the revival of

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yoga-past when combined with soul centered engagement offers the remedy we seek...a breakthrough book."—Stephen Aizenstat, PhD, chancellor of Pacifica Graduate Institute "In this groundbreaking book integrating yoga, Jungian psychology, and personal mythology, Alanna

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Kaivalya recovers the spiritual dimension of yoga for contemporary Western practitioners."—Dr. Patrick Mahaffey, professor and associate chair of Mythological Studies Program at Pacifica Graduate Institute and author of *Evolving God-Images*
"Alanna writes with honesty and clarity

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about the quest to find self-knowledge and bliss, perfectly balancing skepticism and enthusiasm. The result is a practical guide to the history and philosophy of yoga, and a useful map to living an integrated, satisfying and richly meaningful life."—Dave Stringer, Grammy-nominated Kirtan artist

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"Drawing on yoga, psychology, mythology, and ritual, Alanna guides readers on a transformative journey toward self-awareness and 'personal bliss,' through an amazing array of practices. Yoga Beyond the Mat is like a library of ideas for studying your self."—Kaitlin Quistgaard, writer and

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former editor-in-chief of Yoga Journal
Yoga The Spirit And Practice Of
Moving Into Stilln
Prayer of Heart and Body
Meditation and Yoga As Christian
Spiritual Practice
Making peace with your body through
yoga

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A Treasury of Practical and Spiritual
Wisdom from Ancient and Modern
Masters

Building a Practice of Courage and
Compassion

Original Light

The Morning Practice of Kundalini
Yoga

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Drawing on both Western
and Eastern medicine
aligned with Quantum
physics, Lara Baumann
offers a whole-body,
whole-mind kind of yoga
that is becoming one of

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the most important
contemporary disciplines
in the field. This
accessible guide is the
key to creating the
ultimate individualized
practice. Quantum Yoga

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instructs the reader to recognize, construct, and vary dynamic yoga sequences ideally suited to personal needs. Part 1 provides a thorough explanation of the

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history, philosophy, and
varying traditions of
yoga, and also outlines
the body's gross and
subtle anatomies, the
basic principles of
Ayurveda, and how the

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modern insights of
Quantum physics
illuminate the ancient
spiritual teachings of
yoga. Part 2 delivers a
step-by-step approach,
with clear

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illustrations, to
creating a personalized
and flexible vinyasa-
yoga practice. Quantum
Yoga takes into account
your body-mind
constitution, and how

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circumstances might be
changing around you.

Creativity, mental
focus, and clear
intention are supported
through the choice of a
theme and peak pose.

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**This is a spiritual
system that adopts the
holistic approach to
health from the ancient
Indian healing science
of Ayurveda, while
embracing the modern**

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insights of Quantum
physics to maximize
one's power of conscious
manifestation. Develop
the skills and enjoy the
freedom of finding
Promises to help readers

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reach their full
potential through yoga,
meditation and mindful
breathing, in a book
that includes exercises,
anecdotes and analogies.
Original.

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This book will not only
give a precise step-by-
step description of the
meditation technique at
the heart of yoga but
also put it into context
with all other yogic

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techniques and how they
contribute to the
breakthrough to
spiritual freedom. Yogic
meditation derives its
power from the fact that
it systematically

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suspends the entire
processing capacity of
the subconscious mind
and diverts it towards
meditation. The
processing power of the
subconscious mind is a

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multiple of that of the
conscious mind. Simply
watching breath or
watching awareness
involves only your
conscious mind. For
quick and effective

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concentration the entire
power of the
subconscious mind has to
be harnessed. This is
the secret of yogic
meditation. You will
also find information on

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the importance of
Kundalini as support for
meditation and the
factors that make it
rise, such as chakra and
Sushumna visualization,
mantra and breath. The

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text then explains how
the chakras represent
evolutionary stages of
brain and mind
development. Chakra
meditation, if done in a
sophisticated, high-

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powered way, will propel
the evolution of the
brain and mind of the
practitioner and the
awakening of higher
intelligence.

If you think that you

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have to retreat to a
cave in the Himalayas to
find the enlightenment
that yoga promises,
think again. In this
second edition of Living
Your Yoga, Judith Hanson

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Lasater stretches the
meaning of yoga beyond
its familiar poses and
breathing techniques to
include the events of
daily life—all of
them—as ways to

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practice. This edition includes three new chapters (Relaxation, Empathy, and Worship), a full index, and new interior and cover designs. Using the time-

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honored wisdom of the
Yoga Sutra and the
Bhagavad Gita to steer
the course, she serves
up off-the-mat practices
to guide you in
deepening your

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relationships with
yourself, your family
and friends, and the
world around
you. Inspiring and
practical, she blends
her heartfelt knowledge

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of an ancient tradition
with her life
experiences as a
daughter, sister,
partner, mother, friend,
and yoga practitioner
and teacher. The result:

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a new yoga that beckons
you to find the
spiritual in everyday
life.

Beyond Power Yoga
Yoga Practice for Health
and Clarity

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**A Guide to Creating
Inspirational Yoga
Practice
Yoga Gems**