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Guide to Yin Yoga Bernie Clark, 2011-12-01 The Yin Yoga Book provides an in depth look at the philosophy and practice of Yin Yoga Clark s fascinating and comprehensive book is divided into three sections I What is Yin Yoga II The Benefits of Yin Yoga including discussions of anatomy the energy body and the heart and mind body III The Practice of Yin Yoga including illustrated descriptions of 30 yin yoga asanas poses Yin Yoga has the same goals and objectives as any other school of yoga however it directs the stimulation normally created in the asana portion of the practice deeper than the superficial or

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The Path of Yoga Georg Feuerstein, 2011-03-22 The best selling beginner's guide to the history schools practices and philosophy of the ancient Yoga tradition from a renowned Yoga scholar This overview of the essentials of Yoga is meant to both broaden and deepen the understanding of beginning students It covers all the basic elements of this ancient discipline and philosophy of India including Yoga poses diet breath control meditation mantras Kundalini energy and more It also includes newly translated excerpts from the scriptures and pays special attention to branches of Yoga such as Tantra that are of great interest to Western students but are frequently misunderstood

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Living Yoga Georg Feuerstein,1993-03-24 Explore the many paths of yoga Yoga has been a living tradition of spiritual teaching for five thousand years Here readers will discover the wisdom of the millennia and learn to live yoga This book contains the best of *Yoga Journal* the most outstanding interviews essays illustrations and photographs It offers the promise of hatha yoga exercise for health and the yoga approach to diet and nutrition It teaches meditation as an antidote to stress and a path to mindfulness It explores the yoga of love and devotion in relationships karma yoga the path of work and tantra yoga the path of ritual creativity and sexuality The authoritative contributors and wide ranging topics here include Ram Dass on life as service Joan Borysenko on the healing power of love Larry Dossey on illusions about the body Judith Lasater on asanas or hatha yoga postures Thich Nhat Hanh on the nature of suffering Ken Wilber on the role of meditation Frances Vaughan on the common ground between psychotherapy and spirituality Daniel Coleman on early warning signs for detecting spiritual abuse John Welwood on spiritual relationships Georg Feuerstein on sacred sexuality Jacob Needleman on money and the path Joanna Macy on caring for the earth Also richly illustrated *Living Yoga* celebrates a fresh vision of life for spiritual seekers Beginners will find an accessible far reaching overview of the topic advanced practitioners will be reminded once again of the value and promise of yoga **5 "S"s OF YOGA: The Ultimate Guide for Beginners** Newbee

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