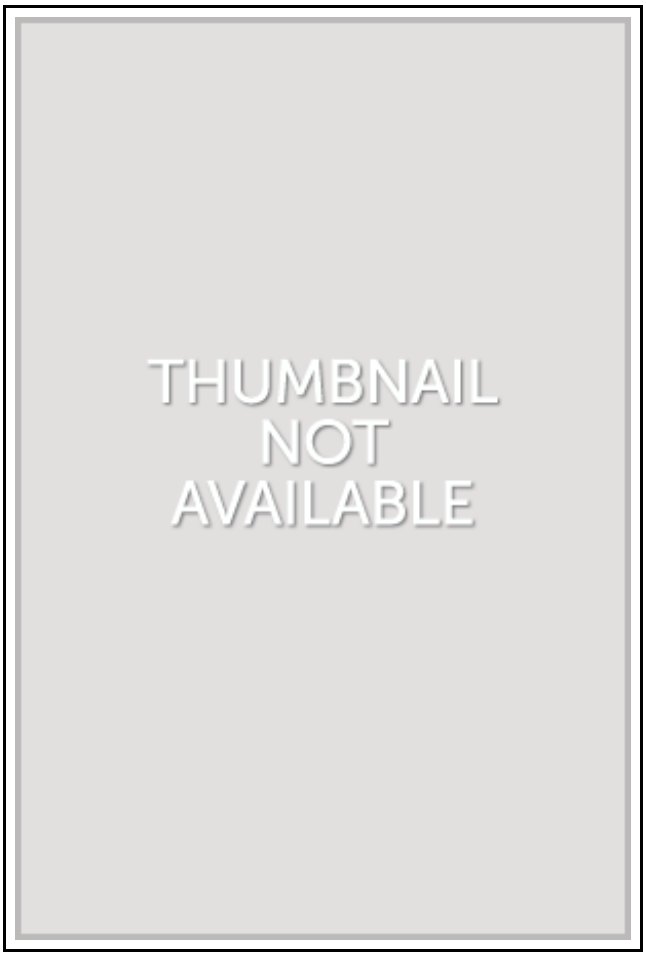
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Reviews

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Createspace Independent Publishing Platform, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Living in the Spirit of Yoga is a how to yoga book for the 21st Century and includes twenty four topics and over 70 practices for mind, body and spirit. In it you will find core yogic ideas and practices reinterpreted for people in the 21st Century with a clear focus on their practical application for daily life. Topics include prioritizing daily life, breathing, concentration, taming the senses, discernment, self-discipline, developing a steady posture, meditation, love, non-attachment, letting go of the past, understanding cyclical energy and the energy centers, the importance of self-knowledge and more. Some of the 70 practices have been simplified based on ancient yogic approaches. From this book you can learn classic postures and breathing techniques plus relaxation and meditation practices. In addition there are practices that focus on expanding love, creating peer groups focused on self-development, flowing, surrendering and accepting life, staying steadfast while developing self-discipline, developing increased self-awareness and self-knowledge, and much more. This book is truly applicable to the 21st Century. It is free of dogma and absolutes. It invites the reader to pick and choose from a buffet of ideas and practices. But, while the author has tailored the yogic philosophies and practices to modern life he has also stayed true to the core yogic ideas of self-knowledge and self-mastery, true to the heart of yogic empathy and universal love, and true to actions of service.

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