

Yoga Beyond Belief

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yoga beyond belief offers a unique vision of contemporary yoga it integrates scientific and practical 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 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 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 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 injuries

should they occur the reader is given a wealth of sophisticated 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 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 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 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 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 body mind and spirit that is practical inspiring and full of valuable insights to enliven and inform anyone s yoga practice

for more than 30 years yoga journal has been helping readers achieve the balance and well being they seek in their everyday lives with every issue yoga journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds we are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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includes bibliographical references and index

convening on the fifth anniversary of the terrorist attack on the world trade center the global congress the world s religions after september 11 explored the negative and positive possibilities of the religious dimensions of life the presentations from the congress have been pulled together in this set which addresses religion s intersection with human rights spirituality science healing the

media international diplomacy globalization war and peace and more this comprehensive set includes contributions from such well known scholars of religion as arvind sharma and a host of others from all the world s religious traditions this set is an unprecedented examination of religion s influence on modern life an honest assessment of how religion can either destroy us or preserve us and a thorough exploration of what steps might be necessary for all religions to join together as a force for good because of the attack on the world trade center on september 11 2001 the very concept of religion underwent a paradigm shift instead of standing for virtue and piety peace and harmony the word religion also came to be inextricably associated with evil aggression and terror people around the world began to question whether the religious and secular dimensions of modern life can be reconciled whether the different religions of the world can ever coexist in harmony indeed the very future of religion itself has sometimes seemed to be uncertain or at least suspect the volumes are 1 religion war and peace 2 religion and human rights 3 the interfaith dimension 4 spirituality

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on an ancient treatise on the hindu yoga system lectures delivered in bombay december 1973 january 1974

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