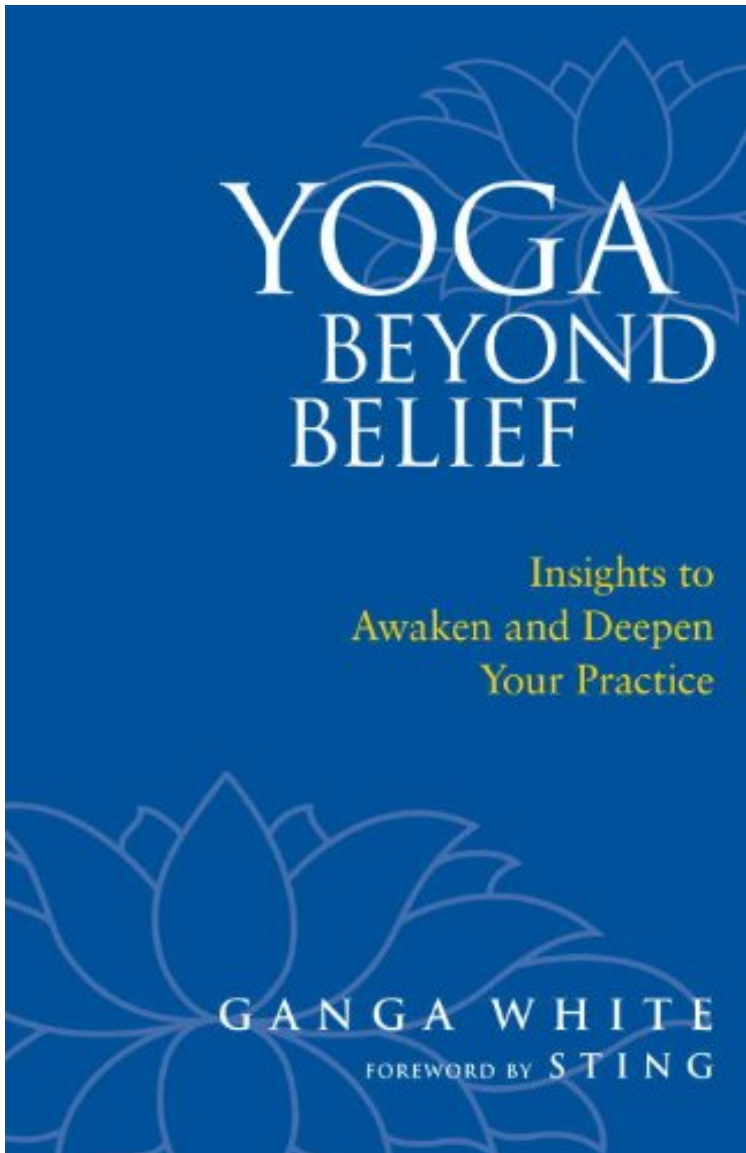


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Yoga Beyond Belief: Insights to Awaken and Deepen Your Practice



Par Ganga White
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Description :

Prsentation de l'diteurYoga 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 Americas 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. Whites 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 anyones yoga practice. From the Trade Paperback edition. *Revue de presse* "This book takes you into the mind of a noted renegade yogi. With humor and disarming honesty, Ganga explains the history and philosophy of yoga, and guides you with his own original and innovative approach to this ancient discipline. Yoga Beyond Belief is a unique, integrative approach to body, mind and spirit. It is practical, inspiring and full of valuable insights to enliven and inform the practice of both beginning and experienced students. I recommend it highly." Andrew Weil, MD "Yoga Beyond Belief will strike a chord with anyone seeking a new level of awakening and freedom in yoga and in their lives. This book offers a flexible and modern perspective that is needed more than ever to meet and live in these times of accelerating change." Sting, from the Foreword This is a rich, wide-ranging work of great sensitivity and eloquence, a guided journey through the world of yoga by a master whose wisdom is matched by his humility a rare and precious commodity in the modern yoga scene of massive egos, glitz, and hype. David Gordon White, PhD, author of *Kiss of the Yogini: Tantric Sex in its South Asian Contexts* and professor of Hinduism, UCSB In *Yoga Beyond Belief*, Ganga has done an outstanding job.... This is the clear voice of a modern yogi. Ganga is living proof that the real tradition of yoga is still very much alive and well. Erich Schiffmann, author of *Yoga: The Spirit and Practice of Moving into Stillness* *Yoga Beyond Belief* weaves together science, spiritual inquiry, personal stories, and yoga practices into a tapestry that will serve students of self-discovery in navigating their own unique path. Jack Canfield, author of *Chicken Soup for the Soul* Ganga is the spearhead of a revolutionary evolution in the field of yoga. His endeavor has been: How to retain the old form and put new spirit into it? It also implies: How not to throw the baby out with the bathwater. Swami Venkatesa This book can make yoga meaningful to people who never imagined it. It is a tour de force of deconstructing tradition and making yoga a powerful, exploratory vehicle for modern times. Joel Kramer, author of *The Guru Papers* and *A Passionate Mind* *Présentation de l'auteur* *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 Americas 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

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