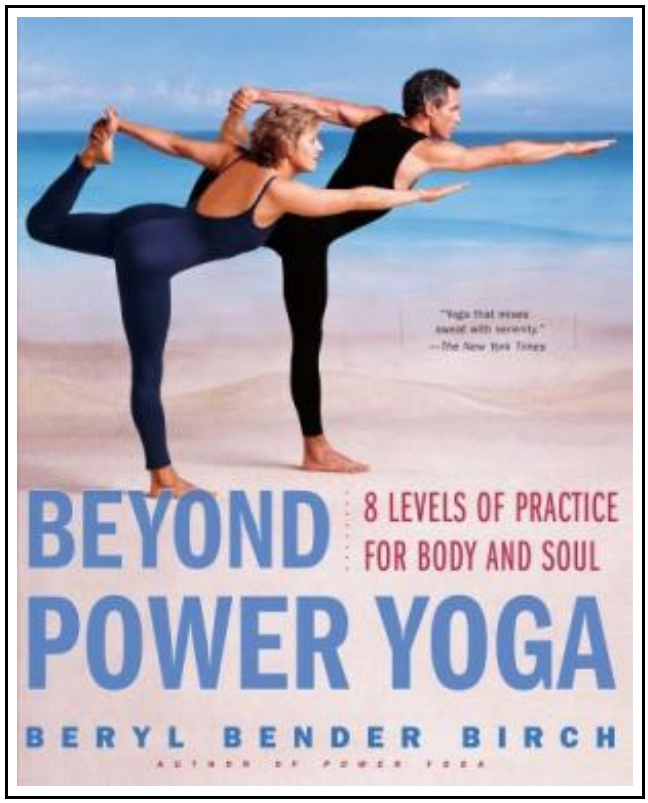
Beyond Power Yoga: 8 Levels of Practice for Body and Soul



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Reviews

A fresh e-book with a brand new point of view. It really is packed with knowledge and wisdom Its been designed in an exceedingly simple way and is particularly simply following i finished reading this publication through which actually modified me, alter the way i really believe.
(Bernhard Russel)

BEYOND POWER YOGA: 8 LEVELS OF PRACTICE FOR BODY AND SOUL

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Touchstone. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.2in. x 8.1in. x 0.7in.FROM SWEAT TO SAMADHI: The 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 Birchs first book, the groundbreaking Power Yoga, introduced one level of astanga yoga to mainstream America -- a high-heat, high-energy mindbody 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 yogas eight limbs and the mindbody energy centers (chakras) of Eastern 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 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 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 mindbody power yoga method, then journeys through the deeper levels of spiritual practice. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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