



Yoga A Beginner S Guide

Author :Georg Feuerstein Brenda Feuerstein / **Category** :Health & Fitness / **Total Pages** : 144 pages

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Summary : Free yoga a beginner s guide pdf download - build a solid practice within the matrix of traditional yoga principles written by two highly-respected yoga teachers and scholars in the west georg feuerstein and his wife brenda feuerstein this reader-friendly handbook is divided into two sections in part 1 the authors establish the substructure of yoga with short essays that cover basic principles the meaning of yoga the practice the types the deeper commitment and levels they go on to explain practical applications of yogic philosophy to all aspects of life including diet working with the mind livelihood and the transcendence of ego in part 2 a unique question and answer format they address 30 of the most widely-asked questions by newcomers to this path their straightforward and highly-authoritative responses will give any practitioner a more direct understanding of the issues involved in adopting yoga as a practice a lifestyle a spiritual philosophy georg feuerstein phd 1947-2012 was one of the foremost writers and teachers on the topics of yoga and indian philosophy he founded the educational foundation traditional yoga studies to promote the tradition of yoga based in solid scholarship and scriptural and oral transmission brenda feuerstein georg s wife studied yoga meditation buddhism and sanskrit and now serves as the educational and spiritual director of traditional yoga studies founded by georg she is a tutor and mentor for yoga courses and also conducts classes workshops retreats and trainings worldwide

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