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The Spiritual Teachings of Yoga

By Mark Forstater

Mark Forstater Productions Ltd. Paperback. Book Condition: New. Paperback. 308 pages. Dimensions: 7.7in. x 4.9in. x 1.0in. There is an ancient philosophy behind yoga practice that is rarely taught in the west. The ancient wisdom of Yoga gives us a way of life, a path, that is at least five thousand years old. The word yoga actually means union, and the union which the word implies represents a union on all levels of being: the union of the soul with the Divine, the union of the mind and body, the union of the heart and spirit, the union of one soul to another, as well as the union of the self to all of nature. This book presents the key philosophical texts from the Yoga Sutras, the Bhagavad Gita, the Vedas, and the Upanishads in an accessible and poetic manner. Through these texts we explore the key recurring themes which are common to all the main schools and systems of yoga. It shows how these philosophical teachings can be incorporated into our lives and into our yoga practise in order to deepen the yoga experience. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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