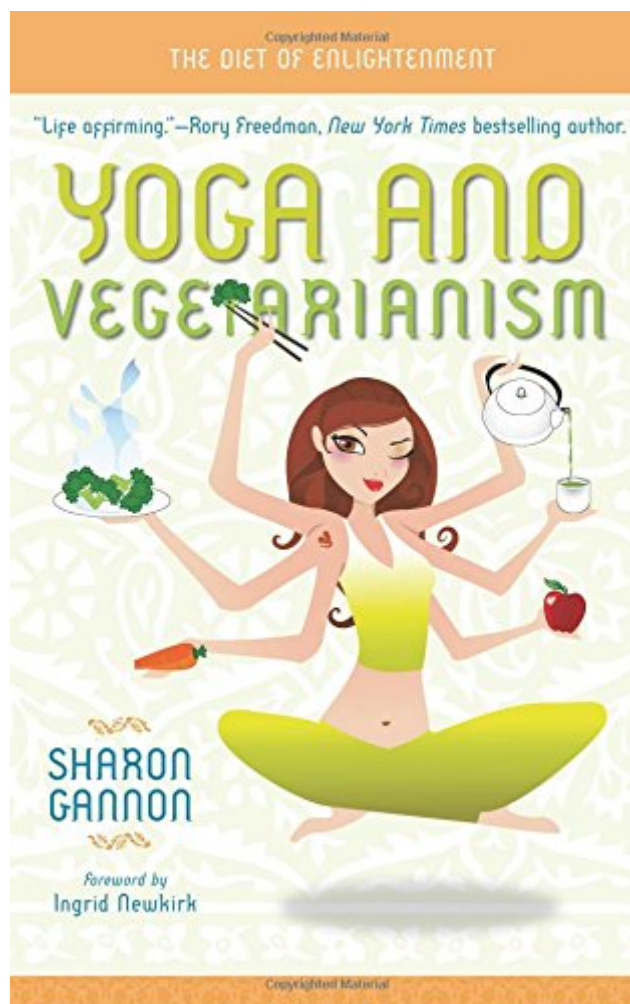


# Yoga and Vegetarianism: The Diet of Enlightenment PDF



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Yoga and Vegetarianism: The Diet of Enlightenment by Sharon Gannon ISBN 1601090218

According to Sharon Gannon, the single most important part of your yoga practice is the strict adherence to a vegetarian diet - a diet free of needless cruelty, harm, and injustice.

Gannon offers truth and wisdom from a tradition of spiritual practice thousands of years old and explains how to apply these practices to our modern lifestyles.

Drawing upon her studies of Vedic traditions, Gannon explores how the practices of yoga are historically and structurally tied to an ethical vegetarian lifestyle. Integral to each other, both yoga and vegetarianism form a framework for physical and spiritual attunement, and when practiced as a whole provide the path not only to physical health, but to spiritual enlightenment.



## **Yoga and Vegetarianism: The Diet of Enlightenment Review**

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