

Winter Oriental Yoga

Yoga for the Seasons



Michael Hetherington L.Ac, RYT

Winter Oriental Yoga Taoist And Hatha Yoga For The Seasons

Pi Ch'en Chao



Winter Oriental Yoga Taoist And Hatha Yoga For The Seasons:

The Complete Book of Oriental Yoga Michael Hetherington, 2014-03-02 Those who flow as life flows know they need no other force Lao Tzu Oriental Yoga is a fusion of traditional Indian Hatha yoga with Chinese medicine and Taoist cosmology The aim of applying this knowledge is like all yoga s and spiritual paths is to help the practitioner align with the natural cosmic forces of the universe When one aligns with these natural forces the path becomes more harmonious more easeful and more joyful for these are the innate qualities of the universal Way This book explores the 5 element system and provides insight into all the associated organs and meridians Also detailed are a variety of practices and yoga asanas to help the practitioner align with each of the seasons This book is not just about explaining a variety of yoga postures it explores a complete system of yoga In this book you will learn About the 5 elements and how to adjust to them to bring more balance to ones life Signs and symptoms of the Elements in balance Signs and symptoms of the Elements out of balance Practical tips to correct any imbalances The 14 primary meridians Food and Oriental diet therapy Muscles associated with the organs and meridians Yoga postures that focus on the each of the organs and meridians Seasonal meditation practices Cue ,1972

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