YOGA BEYOND BELIEF

Insights to Awaken and Deepen Your Practice

GANGA WHITE

Yoga Beyond Belief Yoga Beyond Belief

Charles Wase

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Yoga Beyond Belief Ganga White, 2011-03-15 Yoga Beyond Belief offers a unique vision of contemporary yoga It integrates scientific and practical approaches providing a much needed integrative perspective that complements existing yoga books for all levels and styles of yoga students Serving up a collection of valuable insights gleaned from a lifetime of exploration practice study and teaching by one of America's pioneering and leading teachers of yoga the book assists readers in making sense of the many discordant claims and teaching techniques that currently exist in the yoga world freeing readers to pursue their own individual paths of yoga and personal practice This is an essential text and reference for all yoga practitioners. The book first sets a context for an open minded and evolutionary approach to yoga practice and then explains the core principles of the many branches of yoga A clear foundation is given for how the physical practices of yoga work to produce remarkable results of health and well being The chapter Injury Pain and Healing shows how to prevent injuries and how to heal injuries should they occur The reader is given a wealth of sophisticated of tools insights and anecdotes gleaned from a lifetime of practice and teaching to develop hone and tune his or her personal yoga approach This book makes yoga come alive for the reader The book concludes by going beyond the physical aspects to the heart of yoga It illuminates and gives insight into the discovery of non dogmatic forms and evolutionary approaches to meditation and spirituality It presents a clear argument showing the pitfalls of regimented systems and how to make everything in daily life part of yoga practice and spiritual development Ganga White gives us his unique and creative perspectives on a time tested discipline for a healthy and vital life Entertaining and thoroughly readable this book offers a coherent explication of yoga its philosophy and practice White s integrative views will inspire beginners and accomplished yogis to trust their inner wisdom and creatively reassess their practice. He is a great storyteller and gives us his personal and creative perspective breathing fresh air into an ancient discipline Yoga Beyond Belief offers an original integrative approach to body mind and spirit that is practical inspiring and full of valuable insights to enliven and inform anyone s yoga practice **Yoga Journal** ,2008-10 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Teaching Yoga** Mark Stephens, 2010-05-25 Teaching Yoga is an essential resource for new and experienced teachers as well as a guide for all yoga students interested in refining their skills and knowledge Addressing 100% of the teacher training curriculum standards set by Yoga Alliance the world's leading registry and accreditation source for yoga teachers and schools Teaching Yoga is also ideal for use as a core textbook in yoga teacher training programs Drawing on a wide spectrum of perspectives and featuring more than 150 photographs and illustrations the book covers fundamental topics of yoga philosophy and history including a historical presentation of classical yoga literature the Vedas

Upanishads Bhagavad Gita Yoga Sutras of Pataljali and the main historical sources on tantra and early hatha yoga Each of the eleven major styles of contemporary yoga is described with a brief history of its development and the distinguishing elements of its teachings Exploring traditional and modern aspects of anatomy and physiology the book provides extensive support and tools for teaching 108 yoga poses asanas breathing techniques pranayama and meditation Teaching Yoga offers practical advice for classroom setup planning and sequencing classes as well as the process involved in becoming a teacher and sustaining oneself in the profession The book has over 200 bibliographic sources a comprehensive index and a useful appendix that lists associations institutes organizations and professional resources for yoga teachers

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