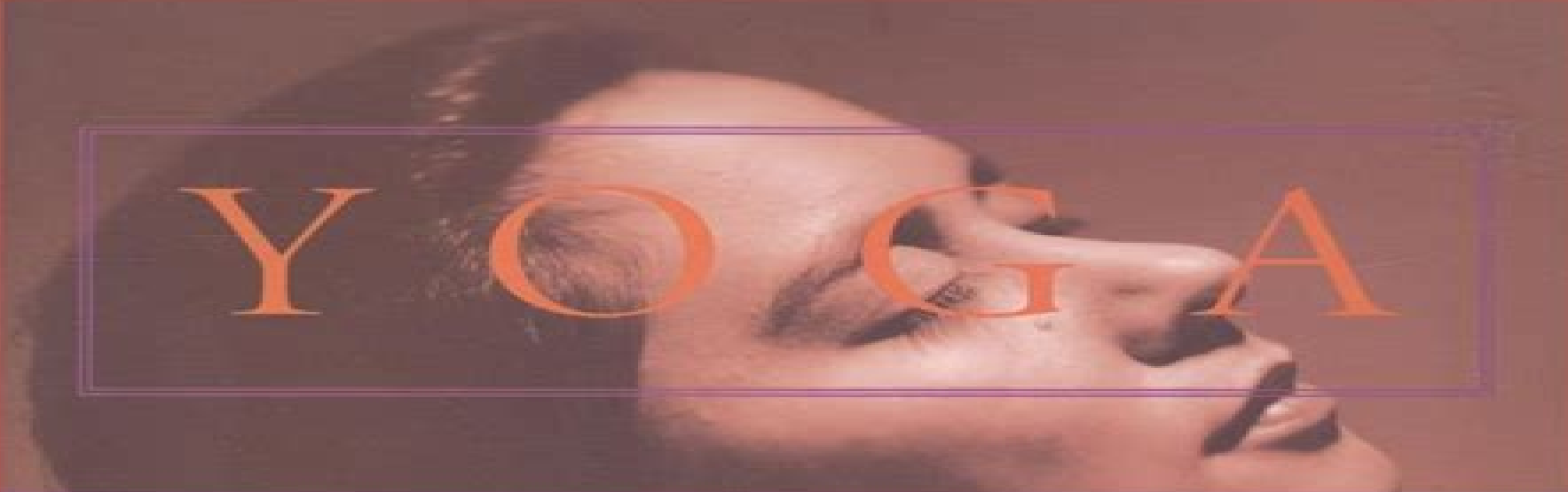




YOGA

For Body, Breath, and Mind
A Guide to Personal Reintegration



R. GUPTA MOHAN

Yoga For Body Breath And Mind A Guide To Personal Reintegration

B Lingard



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Yoga for Body, Breath, and Mind A. G. Mohan, 2002-10-29 Here is a practical and accessible introduction to the full multifaceted richness of the yoga tradition While most yoga books focus only on poses Yoga for Body Breath and Mind integrates the three fundamental elements of a complete yoga practice asanas poses pranayama breathing practices and meditation A G Mohan an internationally respected teacher also explains essential philosophical concepts and offers the yogic perspective on health and healing With step by step instructions and abundant illustrations Yoga for Body Breath and Mind is the type of comprehensive guide that will be of interest to every yoga practitioner The author explains that often when we feel stress or a sense that life has gotten out of control it s not because of life events themselves but because the state of our own mind has become chaotic and fragmented When we are in a state of what he calls personal integration we are centered contented and able to see people and events in life as they truly are In this state people are most able to make decisions and take actions that are clear and positive In Yoga for Body Breath and Mind Mohan provides a structured yoga program to help readers cultivate this state of balance and integration The book also includes an introduction to the practice of yoga therapy

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