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Ram Jain, Michèle Hauswirth



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Dedicated educators Foster and Barbara draw on their professional and personal experience to provide an organic perspective on the whole of Yoga. Their book offers a concise overview of the history and purpose of Yoga and its relevance to our concerns, needs, and our deep longing. Numerous quotes selected from the classic texts highlight Yoga as the natural movement of examining mind and consciousness. Yoga is revealed as the inner work of self inquiry: how to awaken to innate peace and happiness. This book demonstrates how the millennia-old path of Yoga, congruent with the best of contemporary spiritual teachings, is a practiced and proven approach to the dismantling of ego mind, freeing one from patterns of reactivity and discontent. Classical Yoga answers the heart's yearning to transcend suffering to realize the truth of what we really are: the presence of awareness that is True Self. Yoga: Timeless Wisdom: The Path of Awakening to Your True Self throws light on an ancient practice that resonates with the inborn urge to fulfill our human destiny. In this introduction to Classical Yoga, discover how to integrate the wisdom of the Bhagavad Gita and Yoga Sutras. Unpack the essence of the Four Paths and Eight Limbs of Yoga. Embody the transformative practice of being present. Connect with the truth that all sages point to. Experience the clarity and joy of realizing True Self.

Ayurveda Wisdom Cybèle Tomlinson, 2002-03-31. A guide to balanced living based on the ancient Indian practice of Ayurveda teaches readers how to use diet, meditation, exercise, and temperature regulation to achieve overall health and wellness. Original 20,000 first printing. *The Publishers' Trade List Annual*, 1990.

The Top Books of the Year Complete Workbook Yoga Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Complete Workbook Yoga Guide : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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