

Hatha Yoga The Hidden Language

The Yoga of Healing delves into yoga's potential to heal the sources of disharmony that cause illness and pain. Here, Swami Radha explores questions such as, What is it that heals? How do we begin to heal ourselves physically, mentally and emotionally? How can the Light of Understanding help us? How do we nurture compassion for ourselves and others? Collected here are excerpts on healing from Kundalini Yoga for the West, Mantras Words of Power and the Divine Light Invocation, along with previously unpublished talks from Swami Radha on healing, meditations and exercises to access the healing power within.

"A remarkable approach to the classic Yogic text, The Yoga Sutras of Patanjali – A Visual Meditation, is both a traditional, well-informed, translation of Book One of the Yoga Sutras, with commentary; and it is sophisticated art book, with full color, full page reproductions of the beautiful and evocative paintings, one for each sutra, created as meditative guides in response to the author's years of work, studying, working with, and translating the Yoga Sutras. The sutras themselves are in the original Devanagari, with transliteration, translation and succinct, accessible, grounded commentary, which draws upon author and artist Melissa Townsend's 30+ years of spiritual practice./The book is as accurate and useful as it is lovely. A graduate of Brown University, Phi Beta Kappa, Magna Cum Laude, along with her years of spiritual practice and study of Sanskrit, Ms. Townsend's many years' experience as an internationally known psychic, speaking to people one-on-one about their lives, informs her writing as well, helping to make the commentary clear, practical, human and delightfully accessible. Wry and warm, as well as knowledgeable, her writing brings an important yogic text into clear focus, while the artwork takes the book to an entirely new level./The work of Sanskrit and of the Yoga Sutras is to push one along the path towards Enlightenment. To this end, the Yoga Sutras "mean" both exactly what they "say," and each one means infinitely more. That, "infinitely more," is expressed through the remarkable artwork in this book." -- from the publisher

This is a direct path to higher consciousness. It is the process of conscious cooperation with evolution. Within each of us there lies a vast Potential of energy and power which, when properly understood and directed, will lead to previously unimagined heights of perception and awareness. This is a book of inspiration, and into life are given for those who wish to cooperate with evolution. Swami Radha has presented clear directions for exercises and practices.

Examines the health claims of modern yoga, drawing on scientific and cultural research to offer advice on how to recognize authentic yoga practice and gain actual benefits.

On Sanyas

A Series of Lessons in Gnani Yoga (the Yoga of Wisdom.)

Principles and Practice

Yin Yoga

Radha

Awakening the Intelligence of Body and Mind

An Annotated Bibliography of Works in English, 1981–2005

In 1955, a recent immigrant to Canada embarked on a journey to India that would ultimately revolutionize the interpretation of yoga in the West. Her pilgrimage is vividly captured in Radha: Diary of a Woman's Search, an account of Swami Sivananda Radha's journey of personal transformation. This book intelligently and intimately illustrates the challenges and victories of taking the first steps on the spiritual path. From the banks of the Ganges and the streets of Rishikesh, this engaging pilgrimage will take you inside the heart and mind of one of the foremost yoginis of our time.

Millions of people practice some form of yoga, but they often do so without a clear understanding of its history, traditions, and purposes. This comprehensive bibliography, designed to assist researchers, practitioners, and general readers in navigating the extensive yoga literature, lists and comments upon English–language yoga texts published since 1981. It includes entries for more than 2,400 scholarly as well as popular works, manuals, original Sanskrit source text translations, conference proceedings, doctoral dissertations, and master's theses. Entries are arranged alphabetically by author for easy access, while thorough author, title, and subject indexes will help readers find books of interest. Gracefully blends aspects of hatha yoga, the shapes of the Hebrew letters, physical fitness and spiritual wellness to connect yoga practice with Jewish spiritual life-and vice versa. Includes easy-to-follow instructions, black-and-white photographs showing each yoga pose, the relationship of the Hebrew letter yoga pose to its equivalent hatha yoga pose and a list of resources for further information.

Now in its second edition, Instructing Hatha Yoga is a comprehensive guide to developing the knowledge and qualities of a confident and truly qualified yoga instructor. The updated edition includes revised poses complete with instructions, a web resource, and sample children's and prenatal classes.

Practices for Liberating Body and Soul

Aleph-bet Yoga

The Hidden Language : Symbols, Secrets & Metaphor

Time to Be Holy

The Mirror of Yoga

The Yoga of Healing

The Tree Pose

The classic Hatha yoga manual for a strong, vital, beautiful body and a balanced, harmonious, happy mind • Includes instructions for many advanced Hatha yoga exercises to build strength, stamina, and good posture, the necessary basis for spiritual development • Provides detailed exercise plans to help you develop your personal weekly practice • Explains traditional yogic methods of fasting and internal cleansing, practices to

strengthen the endocrine system, methods for advanced sexual control, breath control practices, and concentration exercises to improve mind power Based upon ancient Sanskrit works on yoga as well as thousands of years of oral teachings, this Hatha yoga classic moves beyond the introductory level of yoga and provides illustrated instructions for many advanced asanas and other yogic techniques to build strength, stamina, and good posture--a necessary prerequisite for spiritual development. Offering detailed exercise plans to help you develop your personal weekly yoga practice as well as techniques to target specific areas of the body, such as the abdominal muscles, this book also contains detailed instructions on many forms of prânâyâma (breath control), including alternate nostril breathing, kapâlabhâti, and sahita, as well as meditative methods for developing your powers of concentration and mental discipline. With instructions on diet, fasting, internal cleansing, advanced sexual control, and strengthening the endocrine system, Sri S. S. Goswami's classic text presents the complete picture of an advanced Hatha yoga lifestyle for a strong, vital, beautiful body and a balanced, harmonious, happy mind. The purpose of this book is to introduce the concept of transmuting the physical, emotional, mental and psychic energies people normally disperse in sexual activity. This process assists in uniting with the higher Self or God. Topics include: The Creative Primal Serpent; Sexual Energy in Its False & True Light; The Magical Powers of Suggestion; Hypnosis; Mediumship; The Urge For Unity & Its Corruptions ; The Sun Creator & Destroyer of Life; The Magic Flower; "The Transformation of sexual energy into spiritual, divine, creative power, is the resurrection from death to eternal life".

The 10th Anniversary Edition of Yin Yoga: Outline of a Quiet Practice by Paul Grilley brings together in a fresh way the ancient wisdom of acupuncture and Taoism with Hindu yoga practices. With over 80,000 copies sold, Grilley's book has been enhanced with new materials describing the evolution of Yin Yoga within the Yoga world over the last decade plus new reference materials on anatomy and the practice of Yin Yoga. Yoga as practiced in the US is almost exclusively Yang or muscular in nature. The Yin aspect of Yoga (using postures that stretch connective tissue) is virtually unknown but vital for a balanced approach to physical and mental health. Paul Grilley outlines how to practice postures in a Yin way. Grilley includes an explanation of Modern Meridian Theory, which states that the meridians of acupuncture theory are currents flowing through the connective tissues of the body. Yin Yoga is specifically designed to address these tissues. The two major differences between a Yin and a Yang Yoga practice are that Yin postures should be done with the muscles relaxed and should be held a long time. This is because connective tissue does not stretch like muscle and will not respond well to brief stresses. In addition, Yin Yoga better prepares people for meditation. For yoga practitioners looking for something beyond physical postures. Yin Yoga addresses the deeper spiritual dimensions of yoga, with helpful sections on chakras, breathing exercises, and meditation.

Sanyas is the Yoga of Renunciation. The practice of sanyas or swamihood is said to be the most effective tool to obtain liberation. Swami Sivananda Radha offers a unique perspective on sanyas and how this ancient practice continues to be a relevant and living tradition in the West. Collected from her talks and writings spanning 40 years, On Sanyas is a helpful guide for all those who are interested in a life of renunciation, and for those

who are already on the path. Through her own experience as a sanyasi, Swami Sivananda Radha shows what it means to renounce possessions and live on faith. She explains renunciation in daily life, initiations, guru-disciple relationships and the karmic consequences of breaking the sanyas vows. Inspirational and challenging, *On Sanyas* gives rare insight into a life lived in renunciation. There is more to renunciation than letting things go. It's a commitment to facing life and moving forward. It's a practice of compassion in a time when terrible things are happening in the world. It's a vow to look to each other and live a life that overcomes emotional turmoil and fear, creating a solid foundation to work with and to bring into the world. -Swami Radhananda

Advanced Hatha Yoga

Motivational Yoga

Jivamukti Yoga

Instructing Hatha Yoga, 2E

Yoga

The Best of Hidden Language Hatha Yoga from Ascent Magazine

The Divine Light Invocation

The benefits of yoga are valuable to people of all ages and all fitness levels. Yoga teachers have a responsibility to keep classes fresh and challenging to help students discover their unlimited potential available. Serious yoga students have a personal responsibility to learn the principles of yoga in order to lead a more fulfilling, meaningful life. Motivational Yoga simplifies that task with 100 easy-to-follow lesson plans that vary in length. The lessons progress from basic yoga asana and pranayama lessons for beginning students to more advanced material such as mindfulness and meditation. Fully customizable to meet individual student needs, these ready-to-use lessons will save you valuable preparation time. Choose from beginning lessons focusing on body and breath awareness, basic postures, and breathing, or select more advanced instruction on the yamas and niyamas, guided relaxation, the heart center, the chakras, emotions, and mindfulness. You'll also find lessons for kids, older adults, athletes, and pregnant women to ensure you are equipped to serve all populations. Most of the lesson plans offer a written script for use in class, or as a guide for student home practice purposes. For beginning teachers, these scripts provide a helpful structure and set the stage for mindful yoga instruction. Veteran teachers may use these lessons and scripts as a creative departure point for expanding on one of the eight limbs of raja yoga or designing a tailored focus for the day's practice. Motivational Yoga is a starting point for bringing yoga's abundant teachings into the daily lives of teachers and students alike. For ease of planning and organization, each lesson follows a five-part outline: The intention provides the focus for the day's yoga class. The lesson (script) embodies the essence of the day's teaching. The Asanas for Deepening section illustrates the lesson through body stretch, movement, and sensation. The Motivation Off the Mat section presents suggestions, homework assignments, and reminders for practicing the yoga teachings outside of the classroom. Teacher Tips and Wise Words offer advice for fine-tuning sequences and proverbs that convey a specific thought or feeling for the lesson. In addition, five full-length workshop lesson plans help you expand your teaching beyond a traditional class to offer focused workshops to your students on these popular topics: Spring Cleaning Yoga Detox, The Joy of Backbends, Yoga for Absolute Beginners, Introduction to Meditation, and Transformational Breath. With each lesson, Motivational Yoga demonstrates how the strength, balance, and stretching of the physical practice can inspire a healthy, complete, and joyous existence on and off the mat. CE exam available! For certified professionals, a companion continuing education exam can be

completed after reading this book. Motivational Yoga Online CE Exam may be purchased separately or as part of Motivational Yoga With CE Exam package that includes both the book and the exam.

Hatha Yoga The Hidden Language : Symbols, Secrets & Metaphor timeless books

Hatha Yoga: The Hidden Language, takes the study and practice of Hatha Yoga far beyond a series of physical exercises. Built on the classical foundations of an ancient tradition, Swami Radha has brilliantly synthesized the wisdom of the yogic rishis with

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.

Kabalah Yoga

Embodying the Hidden Power of the Sacred Hebrew Letters

The Yoga of Jesus

Yoga Sequencing

Living the Practice

The Hatha Yoga Pradipika

"Traditional in the best sense of the word, this practice balances the physical pose with the spiritual roots of yoga. Especially recommended for those who long for simple, clear teaching that focuses on introspection during practice." - Judith Hanson Lasater, Ph.D. PT
"The vital tools of Hatha Yoga can be well learned and practiced while emphasizing the ancient principle 'presence of mind.' The integral approach in which Swami Radha taught is beautifully expressed." - Mas Vidal, Director of Dancing Shiva Yoga & Ayurveda, Los Angeles, CA

The long-awaited, complete guide to the popular, vigorous American method of yoga that is deeply rooted in ancient wisdom and scriptures "In this day and age of health and fitness trends, it is assuring to know that Sharon and David encourage their students to draw inspiration from the classical texts of Yoga and timeless scriptural sources. "—Sri Swami Satchidananda Creators of the extremely popular Jivamukti Yoga method and cofounders of the New York City studios where it is taught, Sharon Gannon and David Life present their unique style of yoga for the first time in book form. As they explain their intensely physical and spiritual system of flowing postures, they provide inspiring expert instruction to guide you in your practice. Unlike many books about yoga, Jivamukti Yoga focuses not only on the physical postures but also on how they evolved—the origins of the practices in yoga's ancient sacred texts and five-thousand-year-old traditions—the psychotherapeutic benefits that accrue with a steady practice, and the spiritual power that is set free

when energy flows throughout the mind and body. Jivamukti Yoga, which means “soul liberation,” guides your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realization—the ultimate goal of any practice. Gannon and Life help you understand each of the practices that comprise the yoga path to enlightenment: AHIMSA—The Way of Compassion: choosing nonviolence, respecting all life, practicing vegetarianism, living free of prejudice ASANA—The Way of Connection to the Earth: postures and sequences, breathing, transforming energy, understanding the bandhas KARMA—The Way of Action: creating good karma, giving thanks NADAM—The Way of Sacred Music: appreciating the sacred sounds of yoga MEDITATION—The Way of the Witness: how to sit still and move inward BHAKTI—The Way of Devotion to God: living with love, grace, and peace Whatever yoga you practice, Jivamukti Yoga will help you to strengthen and deepen that practice and lead you onto a path of spiritual clarity and self-discovery. “If there is only one book you read about the practice of Yoga, this should be the one. . . . This book is for anyone who wishes to find transformation through Yoga. I’m grateful for their work and teaching.”—Stephan Rechtschaffen, MD, Co-founder & CEO, Omega Institute

FOR SALE IN SOUTH ASIA ONLY

Yoga Sequencing: Designing Transformative Yoga Classes presents the essential principles and methods for planning and sequencing yoga classes. Addressing one of the most popular topics in the yoga profession, this book offers sixty-seven model sequences of yoga poses (asanas) that cover the broad range of yoga student experience, including multiple sequences for beginning, intermediate, and advanced students; yoga for kids, teens, women across the life cycle, and seniors; classes to relieve depression and anxiety; and sequences for each of the major chakras and ayurvedic constitutions. Each sequence provides guidance for teaching the different breathing (pranayama) and meditation techniques that give yoga its transformative power. Enhanced with over 2,000 instructional photos and an elaborate guide to the constituent elements of over 150 yoga asanas, the book draws equally from ancient yoga philosophy and contemporary insights into functional anatomy, biomechanics, and kinesiology. The nuanced interrelationships among asanas within and between the seven asana families are explored and the anatomy of opening and stabilizing each pose is explained for sequences designed around specific needs and intentions. A comprehensive appendix includes a glossary of yoga-related terms, an alphabetical asana index with thumbnail photographs of each asana, a class planning worksheet, representative sequences from several popular

styles of hatha yoga, and a list of resources for further exploring sequencing and the larger practice of teaching yoga.

The Yoga Sutras of Patanjali 1

Yoga Journal

The Yoga of Renunciation

Hatha Yoga

Shadow Yoga, Chaya Yoga

Designing Transformative Yoga Classes

100 Lessons for Strength, Energy, and Transformation

Experience the power of Hatha Yoga as a tool for spiritual transformation. Providing symbolic and mythological context for each asana, the Hidden Language method encourages you to take Hatha beyond the physical. Explore twenty-two asanas through symbol and metaphor. Spiritualize your Hatha practice.

For thousands of years Hindu spirituality has understood the profound effect that sound has on our well-being. From this tradition comes The Yoga of Sound, which draws on yoga's long history of applying sound to reduce stress, maintain health, and invoke spiritual awakenings. In lucid exercises presented both in the book and on accompanying downloadable audio tracks, Russill Paul shows how everyone can learn the art of mantra and how these practices can help to optimize the flow of energy within the body and enhance emotional well-being.

Since 1999, Swami Lalitananda, has been the Hidden Language Hatha Yoga columnist at ascent magazine. Now, the best of her writing has been anthologized in a new instructional manual on the Hidden Language technique. Inspired by Swami Sivananda Radha's Hatha Yoga: The Hidden Language, The Inner Life of Asanas blends real-life reflections with Hatha Yoga instruction and penetrating questions that point to the spiritual roots of the practice. The Inner Life of Asanas imparts the fundamental concepts of yoga in themed chapters, Awareness, Choice, Action, Devotion and Unity. Each chapter contains columns that explain, by example, how yoga and spirituality can bridge the outer world and inner life. Guided by the principles that Hidden Language is available to everybody, and that working with a limited number of postures is a teaching unto itself, The Inner Life of Asanas teaches 25 Hatha Yoga postures and offers thematically-tailored reflections that inspire a sense of investigation into the Self. From life in a contemplative mountain community to the heart of the inner city, from the beginning of the war in Iraq to delightful moments of childhood intuition, the stories and reflections in The Inner Life of Asanas invite readers to uncover the mystical aspects of Hatha Yoga and apply the Hidden Language to their own lives. Featuring the article that garnered Swami Lalitananda a National Magazine Award nomination, "The Yoga of Falling on Your Face," The Inner Life of Asanas is an example of the fine writing that has made ascent magazine a three-time-recipient of Utne Magazine's Independent Press Award for Best Spiritual Coverage.

Audi Gozlan, a certified yoga instructor and the founder of Kabbalah Yoga, offers a book that fuses the practice of yoga with the ancient wisdom of Jewish mysticism, teaching you how to awaken the secret energy of each Hebrew letter in order to enliven your practice and experience the hidden powers of the universe. There is an authentic need for spirituality in our lives—one that connects us with the

sacred, something greater than ourselves, but that is also practical, touching the body and soul in deep and meaningful ways. While yoga offers us postures (or asanas), breathing, and meditation techniques, it may not always fulfill the deep desire for spiritual connection that has arisen. But when combined with the mystical tradition of Kabbalah, it may be just the answer modern spiritual seekers are after. Kabbalah Yoga blends the movement and meditation of Hatha flow yoga with the ancient teachings of Kabbalah, incorporating the wisdom of the Hebrew letters, also known as the Sacred Shapes, which are believed by Jewish mystics to be divine templates that contain the creative energy of the universe. This book describes the body, breath, and soul found within each of the Sacred Shapes, and shows that by moving your body into asanas based on each letter of the Hebrew alphabet and meditating on their meaning, you can unlock and embrace their great, empowering, and healing wisdom. Kabbalah Yoga brings a new form of awareness to the practice of yoga as a language of the soul, allowing you to journey deep within and discover yourself from the inside out, while tapping into the divine energy of each of the Sacred Shapes. With the explanations, insights, stories, meditations, and photographs in this book, you'll enhance your practice and improve your life.

The Hidden Language : Symbols, Secrets, and Metaphor

Torah Yoga

Sexual Energy and Yoga

The Hidden Language

Tapping the Hidden Power of Music and Chant

The Risks and the Rewards

Hidden Language Hatha Yoga

Describes the basic philosophy and underlying themes which are common to the various schools of yoga, discussing how a deeper understanding of its teachings enhances the everyday practices of its followers.

his book combines the perspectives of a dedicated yogi with that of a former anatomy professor and research associate at two major American medicine schools. He has set himself the ambitious goal of combining the modern scientific understanding of anatomy and physiology with the ancient practice of hatha yoga. The result of an obvious labour of love, the book explains hatha yoga in demystified, scientific terms while at the same time honouring its traditions. It should go a long way in helping yoga achieve the scientific recognition it deserves. Useful as both a textbook and a reference work, this is a book that all serious yoga teachers and practitioners will want on their shelves.

To help yoga practitioners and teachers to access the inner dialogues of their bodies as revealed in the various asanas.

This is a large print edition of The Hatha Yoga Pradipika offering clear easy to read version. This edition offers text printed in font size 14. Hatha Yoga Pradipika is a classical text describing Hatha Yoga. It is the oldest surviving text on Hatha Yoga. Swami Swatmarama, a disciple of Swami Goraknath, wrote the text, drawing upon previous texts and his own experiences. While the text describes asanas (postures), purifying practices (shatkarma), mudras (finger and hand positions), bandhas (locks), and pranayama (breath exercises), it also explains that the purpose of Hatha Yoga is the awakening of kundalini (subtle energy), advancement to Raja Yoga, and the experience of deep meditative absorption known as samadhi. Yogi Swatmarama was a 15th and 16th century yogic sage in India. He is best known for compiling the yoga manual Hatha Pradipika or Light on Hatha Yoga. Swatmarama maintains throughout the text that Hatha Yoga's true purpose is the arousal of the Kundalini, until perfection in Raja Yoga is achieved, i.e. liberation.

Reflecting on Daily Life

The Yoga of Sound

Anatomy of Hatha Yoga

Collected Writings on the Transformative Potential of Yoga

The Science of Yoga

Experiencing Jewish Wisdom Through Classic Postures

Classic Methods of Physical Education and Concentration

Discover how you can utilize hatha yoga to enhance all aspects of your physical and spiritual health Drawing from years of experience studying hatha yoga, author Shandor Remete delves deep into original Sanskrit texts to explain the theoretical foundation of yoga in clear, encouraging language. He describes ways to move beyond the “ shadows ” —or blocks—that students often face in their practice and covers essential yogic concepts such as:

- The foundations of traditional yoga: the marmas, chakras, vayus (sources of energy), and nadis (flows of energy through the body)
- Yogic techniques to improve condition and function: asana (poses), nauli (abdominal exercises), pranayama (breathing), mudra (gestures), laya (absorptions)
- The most important asanas, with illustrations of key sequences Shadow Yoga, Chaya Yoga

also discusses various little-understood, oft-neglected aspects of yogic training, such as the role of marma points (acupuncture-like energy points) and the influence of the zodiac. Detailed drawings of the body ’ s energy system and its links to these elemental and planetary forces provide a visual guide to these largely unknown areas of yoga. This knowledge—considered essential in Indian yogic traditions—has been almost entirely lost in modern Western schools of yoga, but Shandor Remete restores that information in this beautifully designed book.

This collection of Swami Radhananda's previously published writings brings together her signature, intelligent and inspirational teachings. She presents yoga as a living system that we can engage with everyday, a journey of continuous learning and growth. Sharing examples from her own life and the keen observations from over thirty years of teaching yoga, her essays explore the potential of yoga to transform our minds, our self-image, our bodies and our hearts.

Practice hatha yoga at home with beginner, intermediate, and advanced levels for each asana (pose), anatomical illustrations, a vegetarian diet transition plan with recipes, and mindfulness techniques. Achieve a healthy body, mental alertness, and inner serenity through the practice of hatha yoga. Combining step-by-step asanas, detailed anatomical illustrations, programs, mindfulness techniques, plant-based diet advice, and recipes, this is the complete practice and lifestyle guide for students of all abilities. Progress your way through the 12 classic asanas (poses), then continue your practice with 9 programs with 20-, 40-, or 60-minute sequences for beginner, intermediate, and advanced students. Master breathing and mindfulness techniques to recharge your energy levels and combat stress. Embrace a healthier way of eating with diet advice and more than 40 nutritious recipes. Written by the experts from the world-renowned Sivananda Yoga Vedanta Centers, this book has everything you need in one complete package.

Explains how the practice of yoga contributes to emotional well-being

The Principles of Hatha Yoga

Embodying the Hebrew Letters for Physical and Spiritual Well-being

A Manual for Students, Teachers, and Practitioners

Yoga: Your Home Practice Companion

The Inner Life of Asanas

Kundalini Yoga

Understanding the Hidden Teachings of the Gospels

Swami Vivekananda revealed to the world the true foundations of India's unity as

a nation. He taught how a nation with such a vast diversity can be bound together by a feeling of humanity and brother-hood. Vivekananda emphasized the points of drawbacks of western culture and the contribution of India to overcome those. Netaji Subhash Chandra Bose once said: "Swamiji harmonized the East and the West, religion and science, past and present. And that is why he is great. Our countrymen have gained unprecedented self-respect, self-reliance and self-assertion from his teachings." Vivekananda was successful in constructing a virtual bridge between the culture of East and the West. He interpreted the Hindu scriptures, philosophy and the way of life to the Western people. He made them realize that in spite of poverty and backwardness, India had a great contribution to make to world culture. He played a key role in ending India's cultural isolation from the rest of the world.

This highly original book introduces a fascinating new approach to yoga and Torah by combining the practice of classic yoga postures with traditional and mystical Jewish wisdom. Each chapter begins by presenting a central Jewish spiritual concept that engages readers of all faiths on a personal level. It offers an in-depth exploration of the concept, quoting and commenting on sacred Jewish texts from the Pentateuch (Five Books of Moses) and other sources. It then guides its readers with mastery and clarity through a meditation and a set of fundamental yoga postures--clearly illustrated by beautiful photographs--for both beginning and advanced yoga students. The Torah concept is actualized and experienced through the practice of these postures. Torah Yoga helps to heighten awareness of body, mind, and spirit; it illuminates the heart of Jewish wisdom.

"Contains selected excerpts from Paramahansa Yogananda's book "The Second Coming of Christ: The Resurrection of the Christ Within You," which book is a commentary on the New Testament gospels and noncanonical source material, focusing on the quest to uncover the original teachings of Jesus"--Provided by publisher.

Complete Book of Yoga

Mantras

A Visual Meditation: Samadhi Padah

Words of Power

Diary of a Woman's Search