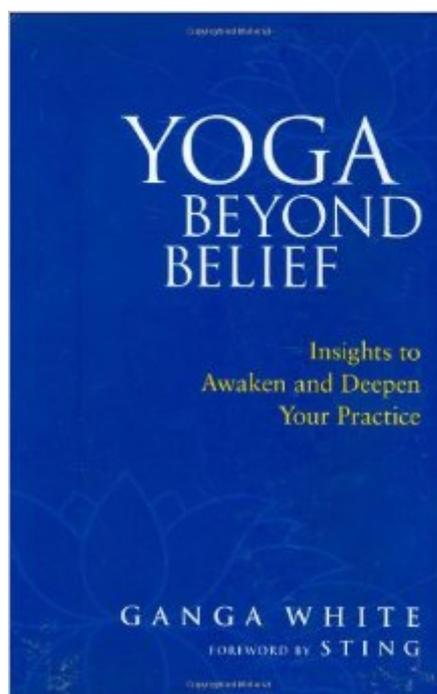


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Yoga Beyond Belief: Insights To Awaken And Deepen Your Practice



Synopsis

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 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.

Book Information

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Customer Reviews

I have many yoga books which I have read in the 4 years I have been doing yoga. I have benefitted much from some and only a little from others. I also have MANY dvds to help me practice my yoga (as I do not have access to a yoga teacher). Realizing that I was now an 'advanced beginner' in yoga, I began searching for dvds to help my practice advance to the next level. One of my purchases was Ganga White's Flow series. It seemed only reasonable to get his book also. I was in for an unexpected present!! I have also been doing Qigong for about 18 months and was wondering if yoga operated on energy flow also. It seemed reasonable to assume it would but I could not figure out how to draw upon and utilize it. I was also wondering how I could develop a personalized yoga practice..one that would meet my unique needs (senior citizen with Pulmonary Fibrosis). This book addressed both of my personal questions. Mr. White explained yoga from a totally unique and personal perspective. As he did so, I suddenly understood that yoga 'flow' sequences promote the flow of prana (qi) through the body. I also began to understand how to gradually develop my own program. When about 1/2 through the book, I decided to experiment. I simply stood up. Naturally, as usual, I was stiff from sitting and reading. I did a forward bend only till my hands touched my knees and then did a jackknife with my hands on my knees. I repeated a flow between these two asanas until my muscles were no longer stiff. Then I began doing the 1/2 sun salutation until this was easy. I continued 'developing' the remainder of sun salutation A until each portion felt good. Then I stopped. I felt wonderful. The whole program had taken about 15 minutes.

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