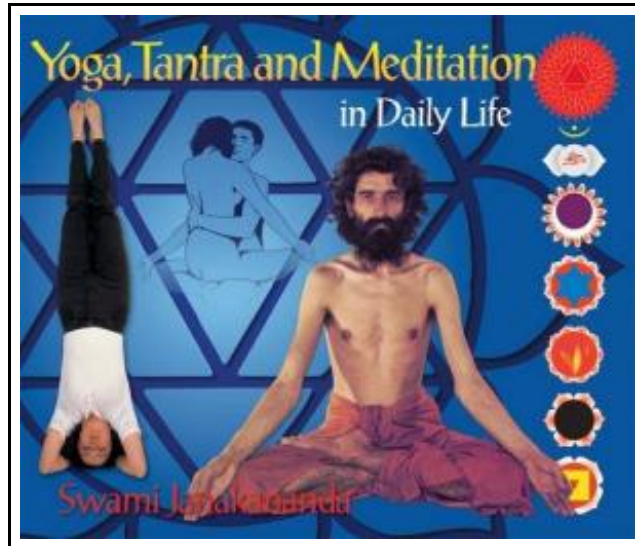


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Bindu Publishers, Sweden, 2015. Paperback. Book Condition: New. EU/UK ed. 252 x 212 mm. Language: N/A. Brand New Book. This yoga book, firmly rooted in the tradition, is a modern classic. It is first and foremost a practical guide to the whole system of yoga. The clear step-by-step instructions, richly illustrated, make it easy for the beginner to learn the yoga poses, breathing exercises, relaxation and meditation. For the experienced, the book contains in-depth sections that include both practice and theory. It even elucidates the tantric tradition, kundalini yoga, the chakras and the sexual rituals. Use it as a self-study course and for inspiration in your everyday life. ----- This book differs from most other books on yoga, it has its fundament in the tantric tradition, that is, the author s intention and interest is to offer you a way to achieve tangible results, rather than to present philosophical explanations, create dreams and ideals or follow the fleeting fashions in the yoga of today. The goal is to make it possible for you to create a strong and supple body and a free and creative mind, and to find peace within yourself. If you really want something out of yoga, it is not enough to do some exercises quickly and mechanically like in sport or fitness training. ----- The book shows yoga in its original light; recreational, meditative and relaxing, thus providing necessary energy for meeting your daily activities with peace and wellbeing. ----- Yoga, Tantra and Meditation in Daily Life is one of the most widespread yoga books of today. This is the third expanded and revised edition, for the UK and EU markets.



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