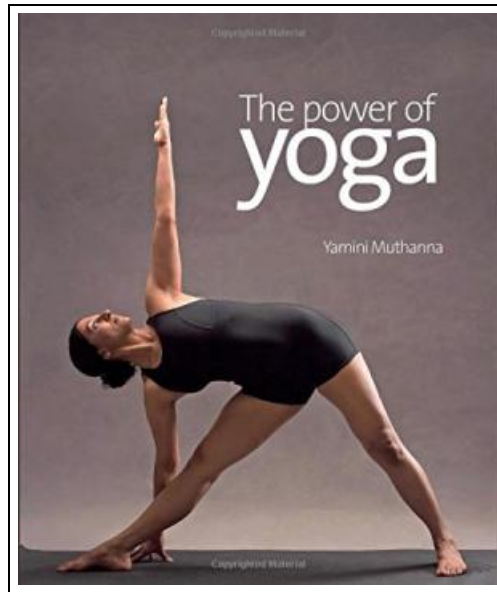


The Power of Yoga



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Reviews

This ebook is amazing. It is one of the most awesome pdf i have got read through. Your way of life span will probably be transform as soon as you comprehensive looking over this pdf.

(Lula Graham IV)

THE POWER OF YOGA



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Om Books International, 2015. Soft cover. Condition: New. 1st Edition. The Power of Yoga explores the profound nature of yoga by demystifying ancient Sanskrit texts on the subject and a plethora of philosophies governing its practice, and making them relevant to present times. While Patanjali's Yoga Sutras provide us the roadmap to understand the way of this science, the 21 Yoga Sequences for modern lifestyle-related disorders elaborated upon in this book make it a valuable aid for the modern-day practitioner, more so since it is presented in simple language without diluting the authenticity of the techniques. Structured primarily as a Sequence Manual, this book offers customised yoga routines to help people cope better with their day-to-day demanding schedules. The sequences are also categorised and visually depicted for a better understanding. Ultimately, The Power of Yoga seeks to enlighten the readers on the deeper significance of yoga by encouraging them to further explore it as a time-tested and an established science. Having studied Ashtanga Yoga with Mysore-based B.N.S. Iyengar for over 22 years, Yamini Muthanna runs Yogasthala, a yoga school in Bengaluru where people from all walks of life and across the globe architects, entrepreneurs, artists, techies, CEOs, housewives, students and doctors among others learn Ashtanga Yoga. Yamini has conducted workshops at yoga studios in London, New York, Washington DC and Los Angeles. A purist, she uses yoga techniques handed down by the ancient masters. She has been successful in interpreting the Yoga Sutras to make them accessible to the common people. She has, for instance, mapped out specific yoga sequences to tackle several modern-day stress-related situations preparing for an important meeting, speech or presentation at work, overcoming addictions, conquering social anxiety, anger, insomnia and much more. One of her missions is to spread awareness about yoga as a...



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