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## Deep Yoga: Ancient Wisdom for Modern Times

By Bhava Ram

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2010. Softcover. Book Condition: New. First Edition. The ancient and sacred Sister Sciences of Yoga and Ayurveda provide a pathway to profound self-healing, physical & mental vibrancy, and ultimately to Self-realization. Deep Yoga: Ancient Wisdom for Modern Times brings the timeless wisdom of Yoga and Ayurveda into our lives in personal and relevant ways, giving us a host of techniques to deal with the stress and anxiety that permeate our modern culture. If we can learn to employ both Yoga and Ayurveda together, then we can not only avoid most of the pain and disease of body and mind, we can reach a level of spiritual happiness that cannot be disturbed by outer fluctuations of time and circumstances that are inevitable for everyone. This book is a sharing of author's own transformative life-experience and the insight that he gained from it and which continues to develop in his teachings. Bhava will show you deeper dimensions of Yoga and inner healing that he himself has worked through in his own vast array of life-experience. He speaks to the subjects that matter most to all of us like health, happiness and seeking something beyond our...


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