

Yoga



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著者:Osho

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What survives of yoga today are mostly the physical exercises that have helped people to achieve a more relaxed and balanced state in their lives. But in fact, as Osho explains in this book, the postures did not come first, rather, people began to notice that whenever they were in a state of meditation, the body naturally took on certain postures. Because body and mind are so intimately connected, it is possible to bring a certain peace to the mind by arranging the body in a posture that corresponds to this peace. But it's a misunderstanding to think that it's the cart that pulls the horse. Drawing from yoga's original teachings, Osho clarifies this mind-body relationship and reveals yoga to be not only a set of physical exercises but what he calls a "science of the soul".

作者介绍:

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标签

Osho

评论

We live in a deep illusion -- the illusion of hope, of future, of tomorrow. As man is, man cannot exist without self-deceptions.

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书评

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