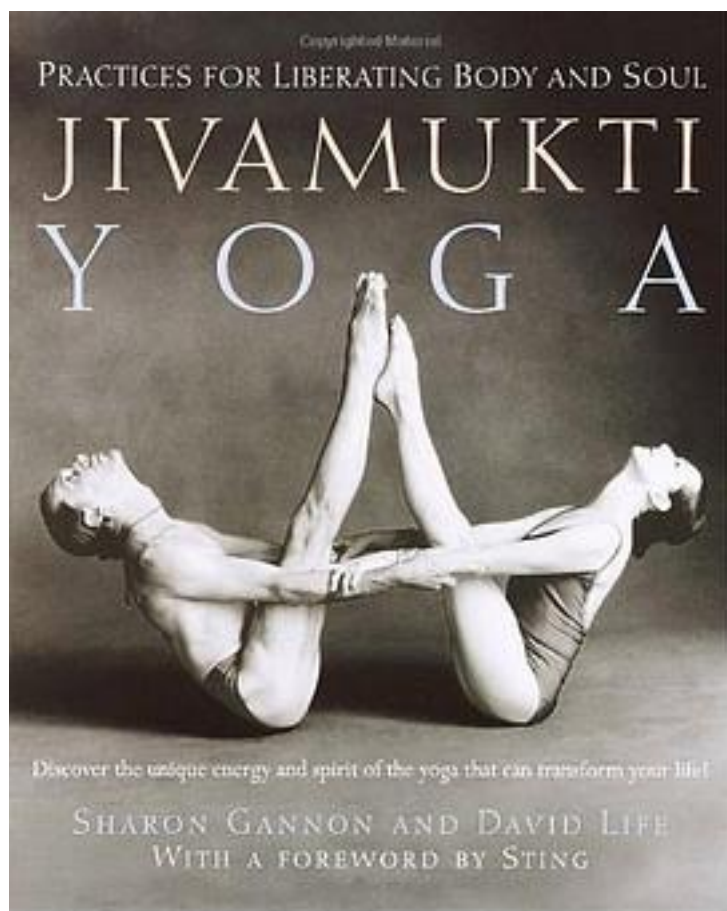


Jivamukti Yoga



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著者:Sharon Gannon

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The long-awaited, complete guide to the popular, vigorous American method of yoga that is deeply rooted in ancient wisdom and scriptures

“In this day and age of health and fitness trends, it is assuring to know that Sharon

and David encourage their students to draw inspiration from the classical texts of Yoga and timeless scriptural sources. What I appreciate so much about David and Sharon is how they help their Yoga students to understand and appreciate the wisdom of all the great saints and jivamuktas who have contributed to raising consciousness. Ultimately, it is Self-Realization, that is the true goal of Yoga.”

–SRI SWAMI SATCHIDANANDA

Creators of the extremely popular Jivamukti Yoga method and cofounders of the New York City studios where it is taught, Sharon Gannon and David Life present their unique style of yoga for the first time in book form. As they explain their intensely physical and spiritual system of flowing postures, they provide inspiring expert instruction to guide you in your practice.

Unlike many books about yoga, Jivamukti Yoga focuses not only on the physical postures but also on how they evolved—the origins of the practices in yoga’s ancient sacred texts and five-thousand-year-old traditions—the psychotherapeutic benefits that accrue with a steady practice, and the spiritual power that is set free when energy flows throughout the mind and body. Jivamukti Yoga, which means “soul liberation,” guides your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realization—the ultimate goal of any practice. Gannon and Life help you understand each of the practices that comprise the yoga path to enlightenment:

AHIMSA– The Way of Compassion : choosing nonviolence, respecting all life, practicing vegetarianism, living free of prejudice

ASANA– The Way of Connection to the Earth : postures and sequences, breathing, transforming energy, understanding the bandhas

KARMA– The Way of Action : creating good karma, giving thanks

NADAM– The Way of Sacred Music : appreciating the sacred sounds of yoga

MEDITATION– The Way of the Witness : how to sit still and move inward

BHAKTI– The Way of Devotion to God : living with love, grace, and peace

Whatever yoga you practice, Jivamukti Yoga will help you to strengthen and deepen that practice and lead you onto a path of spiritual clarity and self-discovery.

“If there is only one book you read about the practice of Yoga, this should be the one. Sharon and David are deeply dedicated students and teachers of Yoga who have the rare capacity to translate their profound understanding to the reader. This book is for anyone who wishes to find transformation through Yoga. I’m grateful for their work and teaching.”

–STEPHAN RECHTSCHAFFEN, MD

Co-founder & CEO, Omega Institute

作者介绍:

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