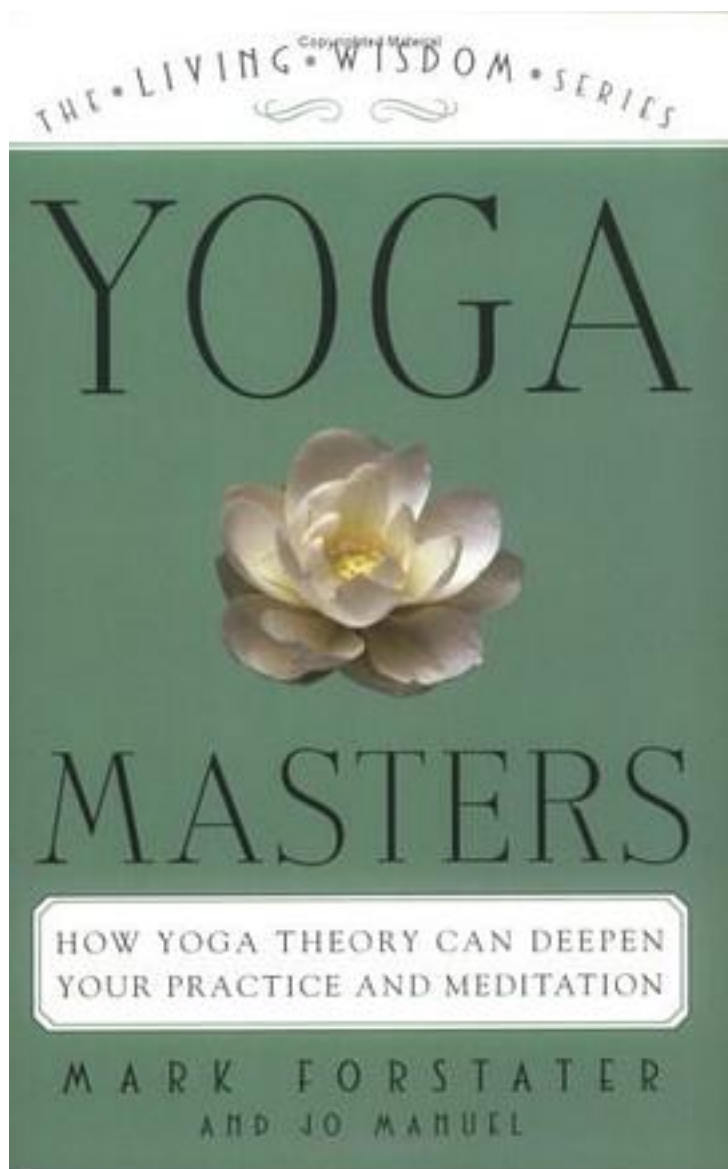


# Yoga Masters



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出版者:Plume

出版时间:2002-11-26

装帧:Paperback

isbn:9780452283640

In recent decades, the timeless practice of yoga has gained increasing popularity throughout the western world. However, many practitioners don't fully understand the philosophy behind yoga.

In a book based on his popular Spiritual Teachings series, Mark Forstater, with yoga instructor Jo Manuel, illuminates the meaning of this Far Eastern practice and makes it comprehensible for modern followers. Combining the significance of the ancient texts with the knowledge and insights of today's practitioners, Yoga Masters distills the essence of yoga into a highly readable and readily applicable guide to its millennia-old theories and practices.

Beginning with an introduction to the theory and the philosophy behind yoga, the book also contains new translations of the primary yoga scriptures. The yoga teachings of the Upanishads, the Bhagavad Gita, and the Yoga Sutras hold the keys to self-awareness and the all-important sense of who we are. It is through seeking and understanding this inner truth that we can develop confidence, strength, and tranquility, and realize our limitless potential for happiness and well-being.

Whether the reader is a beginning or advanced student or an experienced practitioner, Yoga Masters will add new depth and meaning to anyone's current yoga practice.

作者介绍:

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