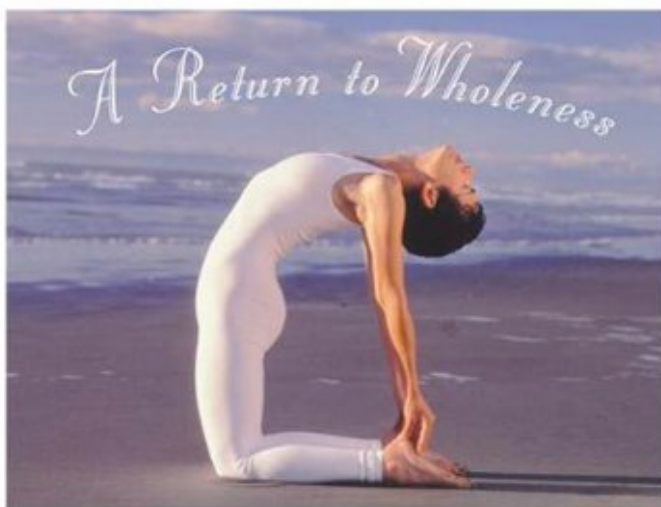


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Yoga Mind, Body Spirit: A Return to Wholeness

YOGA MIND, BODY & SPIRIT



FOR STUDENTS OF ALL LEVELS AND TRADITIONS

DONNA FARHI

AUTHOR OF *THE BREATHING BOOK*

Par Donna Farhi

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[PDF] Yoga Mind, Body Spirit: A Return to Wholeness

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Description : Description du produitThe author of Yoga Journal's most-read column presents the first holistic guide to yogaA user-friendly guide illustrated with 240 two-color photographs and illustrations, Yoga Mind, Body Spirit sets forth the tenets of this gentle yet rigorous exercise as no other book has. Integrating the teachings of every tradition, internationally renowned yoga instructor Donna Farhi reveals how yoga enhances the connections between the mind, body, and spirit. She outlines the seven simple movement principles that underlie all human motion and provides exercises to help readers understand how they can achieve all yoga postures. She also discusses the ten ethical precepts that are the foundation of all yoga teachings and explains how to incorporate them into a spiritually and emotionally rewarding inner practice.At the heart of Yoga Mind, Body Spirit are more than seventy-five yoga asanas or postures. Each is one pictured and described in detail, and they are arranged into related groups--including standing postures, sitting postures, arm balances, and breathing practices--or easy reference. A selection of yoga practices of varying lengths and levels of difficulty provides challenges and inspiration for beginner, intermediate, and advanced students.A huge resurgence of interest in yoga is sweeping the country. With its broad scope and

holistic approach, *Yoga Mind, Body Spirit* is the ideal book for today's mainstream audience.

Presentation de l'auteurThe author of *Yoga Journal's* most-read column presents the first holistic guide to yoga. A user-friendly guide illustrated with 240 two-color photographs and illustrations, *Yoga Mind, Body Spirit* sets forth the tenets of this gentle yet rigorous exercise as no other book has. Integrating the teachings of every tradition, internationally renowned yoga instructor Donna Farhi reveals how yoga enhances the connections between the mind, body, and spirit. She outlines the seven simple movement principles that underlie all human motion and provides exercises to help readers understand how they can achieve all yoga postures. She also discusses the ten ethical precepts that are the foundation of all yoga teachings and explains how to incorporate them into a spiritually and emotionally rewarding inner practice.

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As the physical practice of yoga has become popular in the West, many of the spiritual aspects have been lost. There is much more to yoga than reducing stress, increasing flexibility, looking great, and remaining youthful. Yoga is an ancient, integrated system designed to educate and unite body, mind, and spirit and teach the practitioner how to be present both on and off the mat. In *Yoga Mind, Body Spirit: A Return to Wholeness*, Donna Farhi, *Yoga Journal* columnist, author of *The Breathing Book*, and internationally recognized yoga teacher, shows yoga students of all levels and traditions how to use yoga as spiritual practice and a vehicle to connect body and mind. Most of *Yoga Mind, Body Spirit* is devoted to the asanas (yoga postures) and the practices of breathing and meditation. More than 240 photographs and line drawings show how to do the various poses and exercises. Postures are accompanied by benefits and effects, cautions, tips, and prenatal suggestions. Numerous inquiries are spread through the text to help the reader explore the body-mind-spirit connection. Farhi also explains what yoga is, summarizes the living principles (wise characteristics and codes for living soulfully), discusses the seven moving principles of yoga, and explores the body's organ systems. If you are ready to take your yoga practice to the next level, *Yoga Mind, Body Spirit* is an excellent guide to help you connect with everything yoga has to offer.

--Ellen Albertson From *Library Journal*

At first glance, this book's photos and illustrations, which are just as important as the text in an exercise book, seem dated and bland. But a reading of the text and a closer examination of the illustrations reveal that what makes this yoga text different and worthwhile is the author's commitment to tying yoga's spiritual aspects to its physical components. Farhi (*The Breathing Book*) discusses the "Ten Living Principles," or the yamas ("wise characteristics") and the niyamas ("codes for living soulfully"), and also considers the importance of the asanas ("postures") in grounding spirituality in the body. However, Farhi does far more than provide descriptions and illustrations of postures. At the beginning of each new section, she has readers move through one or two core poses. She then asks them to focus on the way they feel physically while performing the pose. Using these core poses, she moves on to postures of greater complexity while allowing for different levels of ability. One possible problem for beginners is her use of posture names to describe poses that involve movement from one posture to the next (e.g., the sun salutation or the downward dog).

Recommended for public libraries as well as academic libraries where yoga is a part of the curriculum, this may also be a worthwhile purchase for hospital or health sciences libraries.

--Debra Mitts, Glenview P.L., IL
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