

Vital Yoga: A Sourcebook For Students And Teachers - Meta Chaya Hirschl

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From a longtime yoga teacher, this highly visual, broadly informative resource gives serious yoga practitioners a wide-ranging framework that will enrich their practice. As any yoga student or teacher knows, theres more to yoga than Downward Dog. Meta Chaya Hirschls immersive guide offers a complete vision of yoga, from its historical and spiritual roots to modern practice. Whether you are a novice yogi or an experienced instructor, Vital Yoga will help you unlock yogas full potentialand your own. Focusing on the traditional eight limbs of yoga, Hirschl covers a wide range of essential topics in three sections: Before the Mat, On the Mat, and Into the World. In Before the Mat, youll learn about the history and philosophy of yoga, with fresh insights into: Fundamental texts like the Bhagavad Gita The role of vibration in yogic practice Mantras for everything from health to job huntingIn On the Mat, youll find practical instructions for every aspect of yoga, including: Breathing consciously to guide your vital energies Meditating to master and heighten your senses Posing with intention, strength, and balance And finally, youll go Into the World. For Hirschl, the true benefits of yoga come not from perfect poses, but from using yoga every day to help yourself and othersso she covers how you can improve your confidence, health, and even your sex life with yoga, and how you can teach others to do the same. Throughout, Vital Yoga invites you to delve into the heart of yoga with derivations of Sanskrit terms, stealth yoga practices you can do anywhere, wisdom from the great sages, and accounts by contemporary yogis. Its goal is to help you connect to your inner self, transcend fear and attachment to the stresses of life, and achieve blissand when youve achieved it, youll be able to share it.Author: Hirschl, Meta Chaya Publisher: The Experiment Illustration: N Language: ENG Title: Vital Yoga: A Sourcebook for Students and Teachers Pages: 00000 (Encrypted EPUB) On Sale: 2011-12-13 SKU-13/ISBN: 9781615190409 Lib Category: Meditation Lib Category: Yoga - Therapeutic use Category: Health & Fitness : Yoga Category: Philosophy : Eastern Category: Body, Mind & Spirit : Meditation

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