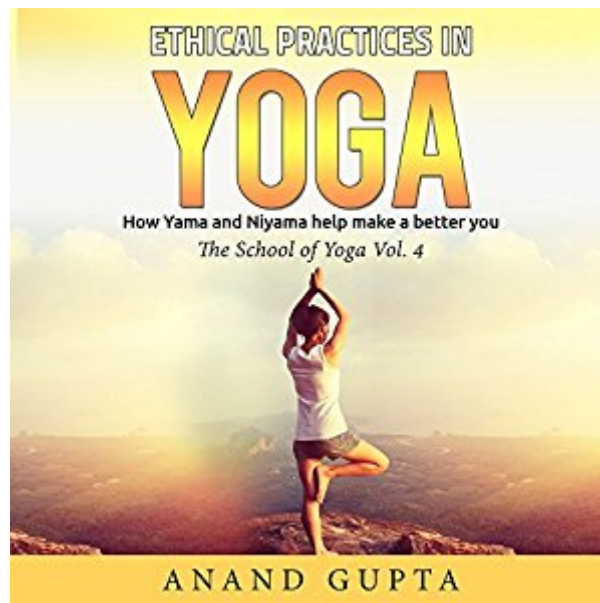




Ebook Directory
the best source of ebook

The book was found

Ethical Practices In Yoga: How Yama And Niyama Help Make A Better You (The School Of Yoga 4)



Synopsis

Anyone who has practiced Yoga has felt the joy and peace that can come from the discipline, yet as any passionate Yoga Instructor will tell you, the yoga is not complete without the spiritual and ethical disciplines to guide you. Anand Gupta brings the mind and the focus to this concept in this 4th volume in the expansive "School of Yoga" collection, based on the Ashtanga Yoga, also known as the Eight-Limbed or Raja Yoga, based on the Yogastura as codified by Patanjali around 400 C.E. Unveiling the first two limbs known as the Yamas, or what not to do, and the Niyamas, or what is to be done, in the Yogasutra, Anand Gupta explains how the Yogi must incorporate these deep disciplines in their daily lives. The five Yamas listed and defined in this audiobook offer a set of activities that must be avoided by the Yogi while the Niyamas are a set of observances that promote self-discipline and improve will power. Together these help in bringing the Yogi closer to the goal of Yoga: unity of the body and mind.

Book Information

Audible Audio Edition

Listening Length: 32 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Business3000 Audiobooks

Audible.com Release Date: March 10, 2016

Language: English

ASIN: B01C633S0W

Best Sellers Rank: #109 in [Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness](#) #121 in [Books > Politics & Social Sciences > Philosophy > Eastern > Indian](#) #597 in [Books > Audible Audiobooks > Nonfiction > Philosophy](#)

[Download to continue reading...](#)

Ethical Practices in Yoga: How Yama and Niyama help make a better you (The School of Yoga 4)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv
3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books

Book 1) Doing Good Better: How Effective Altruism Can Help You Help Others, Do Work that Matters, and Make Smarter Choices about Giving Back Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Ethical and Legal Issues for Imaging Professionals, 2e (Towsley-Cook, Ethical and Legal Issues for Imaging Professionals) Graphic Artist's Guild Handbook of Pricing and Ethical Guidelines (Graphic Artists Guild Handbook: Pricing & Ethical Guidelines) DASH Diet for Beginners: A Diet That Will Lower Your Blood Pressure, Help You Lose Weight, and Make You Feel Better Earl Mindell's Supplement Bible: A Comprehensive Guide to Hundreds of NEW Natural Products that Will Help You Live Longer, Look Better, Stay Healthier, ... and Much More! (Better Health for 2003) What They Didn't Teach You In Photo School: The secrets of the trade that will make you a success in the industry (What They Didn't Teach You In School) How to Use Graphic Design to Sell Things, Explain Things, Make Things Look Better, Make People Laugh, Make People Cry, and (Every Once in a While) Change the World - Yoga for Emotional Balance: Simple Practices to Help Relieve Anxiety and Depression Evidence, Constitutional law, Contracts Includes Essay prep and MBE - Law school e-book: "Solutional writing" is what passes law school. Pre-exam law school help LOOK INSIDE! Doing Good Better: How Effective Altruism Can Help You Make a Difference Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Legal and Ethical Issues for Mental Health Clinicians: Best Practices for Avoiding Litigation, Complaints and Malpractice Legal and Ethical Issues for Mental Health Clinicians: Best Practices for Avoiding Litigation, Complaints and Malpractice Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Better Bones, Better Body: A Comprehensive Self-Help Program for Preventing, Halting and Overcoming Osteoporosis

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)