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here -Dustin.

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FULL Yin Yoga
\"Short \"
Sweet\" Class
(30min.) with Travis

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\u0026 Beyond FULL

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Digging deeper and

deeper and deeper

into yourself.. What

are my favorite yoga

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Surrender 20 min
Beginner Flow for
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~~Yoga \"Upper Body
Medicine\" (30min.)
with Travis Eliot~~

~~YOGA BOOKS ::~~

~~FOR EVERY BODY~~

~~PRACTICING YOGA~~

Yoga for neck,
shoulders and upper
back 15min 60

minutes Yin Yoga for
the Spine. 20 Minute

Full Body Yoga □

Strength and Stretch
(Good for Beginners)

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Primary Series | One
Hour Guided Class
(Fast Pace)

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1 Hour Yin Yoga
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~~Body Yoga - Vinyasa~~

~~Yoga NO PROPS 25~~

~~Min Total Body Yoga~~

~~u0026 Tension~~

~~Release | Yoga~~

~~Healing From The~~

~~Inside Out DEEP~~

~~STRETCH Yin Yoga~~

~~for Flexibility - 45 min~~

~~FULL BODY Yin The~~

~~Deeper Dimension Of~~

~~Yoga~~

It encompasses a

range of teachings,

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Practices, and sacred
texts that can lead us
to inner freedom,
peace of mind, and
lasting happiness. In
The Deeper
Dimension of Yoga,
George Feuerstein
offers a collection of
writings that presents
the fully-fledged
spiritual tradition of
Yoga, touching on all
facets of the ancient

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discipline.

Deeper Dimension Of
Yoga: Theory and
Practice: Amazon.co

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The Deeper
Dimension of Yoga:
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Georg:
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The Deeper
Dimension of Yoga:
Theory and Practice
eBook ...

Not a decolonized
look at yoga. Detailed
review to come.

Full Review

Georg Feuerstein is
definitely a scholar
and he know a lot
more about the
academic study of
yoga than me. Now

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that I got that out of the way, I found Deeper Dimension of Yoga an uneven collection of essays that feels dated due in part to the internet and the author's colonial and patriarchal perspective of yoga.

The Deeper
Dimension of Yoga:

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Theory and Practice
by Georg ...

Yoga Philosophy.

Details. Here is a

comprehensive

survey of the full

breadth and depth of

the 5,000-year-old

Yoga tradition,

emphasizing its

potent philosophy and

spiritual vision. Georg

Feuerstein

demonstrates that

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Yoga is much more than a system of physical exercises—it is a profound path of self-transformation that encompasses a range of teachings, practices, and sacred texts that can help us cultivate wisdom, balance, and inner freedom, as well as physical health.

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The Deeper
Dimension of Yoga -
Shambhala
Publications

Georg Feuerstein,
Ph.D. Shambhala
Publications, Jul 8,
2003 - Health &
Fitness - 432 pages. 0
Reviews. "Here is a
comprehensive
survey of the full
breadth and depth of
the 5,000-year-old

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Theory and Practice -
Georg ...

One of them is the
book entitled The
Deeper Dimension of
Yoga: Theory and
Practice By Georg
Feuerstein. This book
gives the reader new
knowledge and

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experience. This online book is made in simple word. It makes the reader is easy to know the meaning of the content of this book. There are so many people have been read this book.

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About The Deeper
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Here is a comprehensive survey of the full breadth and depth of the 5,000-year-old Yoga tradition, emphasizing its potent philosophy and spiritual vision. Georg Feuerstein demonstrates that Yoga is much more than a system of physical exercises—it

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is a profound path of self-transformation that encompasses a range of teachings, practices, and sacred texts that can help us cultivate wisdom, balance, and inner freedom, as well as physical health.

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Dimension of Yoga by
Georg Feuerstein,

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The Deeper
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Yoga Theory
Theory and Practice
by George Feuerstein

In this book, Georg
Feuerstein
demonstrates that
Yoga is much more
than a system of
physical exercises; it
is a profound path of
self-transformation,
encompassing a wide

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range of teachings,
practices, and sacred
texts that help yoga
teachers and
practitioners cultivate
wisdom, balance, and
inner freedom.

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Theory and Practice
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Overview. Here is a
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The Deeper
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eBook by Georg
Feuerstein, Ph ...

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YOGA BOOKS There
are stacks of yoga
books for sale these
days with clear
pictures of poses and
detailed instructions
useful if not attending
yoga classes. These
yoga books mainly
focus on the physical
aspects - how to do
the poses and how to
improve health and
wellbeing. The yoga

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German spiritual
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have a very different
quality and are from
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Bikram Hot Yoga. The
original form of hot
yoga, based on the
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postures and 2
breathing exercises.
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classes are either 90
mins or 60 mins and
are taught in a room
heated to
approximately 42° C.
Bikram yoga
systematically works
every muscle, tendon,
joint, ligament, organ
and gland.

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The Yoga □ The Yoga
Quarter

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Georg
Feuerstein

Yin Yoga is unique in that you are asked to relax in the posture, soften the muscle and move closer to the bone. While yang-like yoga practices are more superficial, Yin offers a much deeper access to the body. It is not uncommon to see postures held for

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three to five minutes,
even 20 minutes at a
time.

Melissa Zelaya ▯

Yoga Teacher

Welcome to Yoga
with Aude. Link.

Embed. Copy and
paste this HTML code
into your webpage to
embed. Due to the
coronavirus pandemic
our class in situ is

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suspended until
further notice. I am
now teaching two
online classes:

Mondays 7-9pm and
Fridays

9.30-10.45am. ... It is
an anchor in my week
I would not want to
miss, with deep and
long-term ...

Home - Yoga with
Aude

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is a profound path of
self-transformation
that encompasses a
range of teachings,
practices, and sacred
texts that can help us
cultivate wisdom,
balance, and inner

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freedom, as well as physical health. Feuerstein is one of the few Western scholar-teachers of Yoga whose writing and teaching penetrate the full richness and depth of this ancient tradition. Here he offers a collection of essays touching on all facets of the discipline.

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Topics include: □ The different branches and styles of Yoga □ The ethical teachings of Yoga □ Yoga and vegetarianism □ Meditation and mantras □ Choosing a teacher □ Tantric Yoga □ The experience of ecstasy

A widely respected
yoga scholar offers

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the first

comprehensive study
of the philosophical
concepts of classical
yoga, based on the
Yoga Sutra of
Patanjali.

Tantra—often
associated with
Kundalini Yoga—is a
fundamental
dimension of
Hinduism,

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emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss.

Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality.

Tantra: The Path of Ecstasy dispels many common

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misconceptions,
providing an
accessible
introduction to the
history, philosophy,
and practice of this
extraordinary spiritual
tradition. The Tantric
teachings are geared
toward the attainment
of enlightenment as
well as spiritual power
and are present not
only in Hinduism but

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also Jainism and
Vajrayana Buddhism.
In this book, Georg
Feuerstein offers
readers a clear
understanding of
authentic Tantra, as
well as appropriate
guidance for spiritual
practice and the
attainment of higher
consciousness.

Feuerstein

Page 48/60

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thoughtfully explores
yogic philosophy and
practice to discover
what it means to be a
mature, moral person.
Yoga is a spiritual
tradition concerned
with personal growth,
which conducts the
practitioner from a
state of inauthentic
existence to authentic
being.

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"Psychoanalysis itself and the lines of thought to which it gives rise," said C. G. Jung, "are only a beginner's attempt compared to what is an immemorial art in the East" — by which he was referring to the millennia-old study of the mind found in Yoga. That tradition was hardly known in

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the West when the discipline of psychology arose in the nineteenth century, but with the passing of time the common ground between Yoga and psychology has become ever more apparent. Georg Feuerstein here uses a modern psychological

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perspective to explore
the ways Hindu,
Buddhist, and Jaina
yogas have
traditionally regarded
the mind and how it
works—and shows how
that understanding
can enhance modern
psychology in both
theory and practice.

For more than 30
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has been helping readers achieve the balance and well-being they seek in their everyday lives.

With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing

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in-depth, thoughtful
editorial on topics
such as yoga, food,
nutrition, fitness,
wellness, travel, and
fashion and beauty.

Every aspect of our
life has a part to play
in the greater
ecological system,
Michael Stone
explains in this book.
How do we bring this

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large view to our yoga practice? According to Stone, our responsibility as human beings is to live in a sustainable and respectful way. He says two things need to change. First, we need to understand the relationship between our actions and the effects of our actions.

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Second, once we see the effect of our actions in the human and non-human world, we need practical skills for learning how to make changes. Using the five principles (yama) described in the Yoga-Sutra attributed to Patanjali, Michael Stone offers a basis for rethinking ethical

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action and the
spiritual path.

This overview of the
essentials of Yoga is
meant to both
broaden and deepen
the understanding of
beginning students. It
covers all the basic
elements of this
ancient discipline and
philosophy of
India—including Yoga

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poses, diet, breath control, meditation, mantras, Kundalini energy, and more. It also includes newly translated excerpts from the scriptures and pays special attention to branches of Yoga, such as Tantra, that are of great interest to Western students but are frequently

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misunderstood.

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A unique reference
work from the
foremost writer on
Yoga today, THE
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surveys the
5,000-year history of
Hindy, Buddhism,
Jaina, and Sikh Yoga,

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featuring full and partial translations of numerous key scriptures and over 200 illustrations. It is considered the CLASSIC text on Yoga practice and history.

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