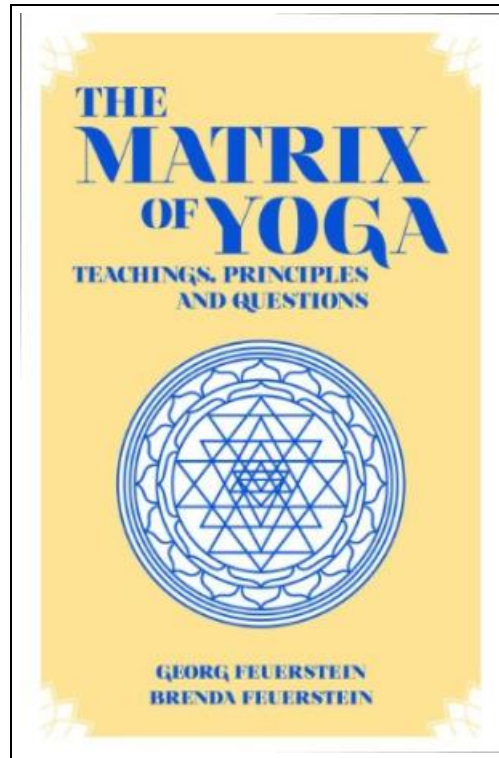


## The Matrix of Yoga: Teachings, Principles and Questions



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## THE MATRIX OF YOGA: TEACHINGS, PRINCIPLES AND QUESTIONS



Hohm Press,U.S., United States, 2013. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. This book offers novice Yoga practitioners a solid foundation on which to begin or build their personal practice. Written by two highly-respected Yoga teachers and scholars in the West-Georg Feuerstein and his wife Brenda Feuerstein-the book will also augment Yoga teacher trainings, and provide current Yoga teachers with an invaluable text to use with or recommend to their new students. Yoga stands for spiritual discipline, as it was developed in India over thousands of years. This is the focus and purpose of The Matrix of Yoga: to provide as simple an introduction to the authentic teachings of Yoga as possible. While Yoga traditionally included physical postures, this was just one aspect of practice. Mental discipline was counted as far more important. Above all, Yoga was wrapped into an overall spiritual framework. Every single discipline had the purpose of helping the practitioner to grow toward inner (or spiritual) freedom. This reader-friendly handbook is divided into two sections. In Part 1 the authors establish the substructure of Yoga, with short essays that cover basic principles: the meaning of Yoga, the practice, the types, the deeper commitment and levels. They go on to explain practical applications of Yogic philosophy to all aspects of life, including: diet, working with the mind, livelihood, and the transcendence of ego. In Part 2, presented in a unique question and answer format, they address 30 of the most important and widely-asked questions by newcomers to this path. Their straightforward and highly-authoritative responses will give any practitioner a more direct understanding of the issues involved in adopting Yoga as a practice, a lifestyle, a spiritual philosophy. Rather than requiring research through numerous and complicated texts to find answers, newcomers will...



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