



Yoga for Body, Breath & Mind

By A. G. Mohan

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Yoga for Body, Breath & Mind By A. G. Mohan

Here is a practical and accessible introduction to the full, multifaceted richness of the yoga tradition. While most yoga books focus only on poses, *Yoga for Body, Breath, and Mind* integrates the three fundamental elements of a complete yoga practice: *asanas* (poses), *pranayama* (breathing practices), and meditation. A. G. Mohan, an internationally respected teacher, also explains essential philosophical concepts and offers the yogic perspective on health and healing. With step-by-step instructions and abundant illustrations, *Yoga for Body, Breath, and Mind* is the type of comprehensive guide that will be of interest to every yoga practitioner.

The author explains that often when we feel stress or a sense that life has gotten out of control, it's not because of life events themselves, but because the state of our own mind has become chaotic and fragmented. When we are in a state of what he calls "personal integration," we are centered, contented, and able to see people and events in life as they truly are. In this state, people are most able to make decisions and take actions that are clear and positive. In *Yoga for Body, Breath, and Mind* Mohan provides a structured yoga program to help readers cultivate this state of balance and integration. The book also includes an introduction to the practice of yoga therapy.

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Editorial Review

Review

"An extraordinary Hatha manual . . . one you can read, savor, and refer to again and again as your practice unfolds. It is distinguished from its peers by its emphasis on individualized therapy and its translation of the philosophy of the yoga sutras into everyday practice."— *Yoga International*

"A ground-breaking work and essential reference for any practitioner." — *Yoga Journal*

"Offers much for both beginner and expert to experience a new depth in their yoga practice."— *NAPRA Review*

About the Author

A. G. Mohan was a student of "the father of modern yoga," Yogacharya Sri T. Krishnamacharya (1888-1989), for eighteen years. He is the author of several books on yoga, including *Yoga Reminder*; *Yoga Therapy*; and *Krishnamacharya: His Life and Teachings*. Co-founder of Svastha Yoga & Ayurveda, he is respected internationally as a teacher of rare authenticity and knowledge. He divides his time between Chennai, India, and Singapore. Learn more at svastha.net.

Users Review

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Sharon Hall:

This Yoga for Body, Breath & Mind is great book for you because the content and that is full of information for you who have always deal with world and still have to make decision every minute. This specific book reveal it data accurately using great manage word or we can declare no rambling sentences inside. So if you are read the item hurriedly you can have whole details in it. Doesn't mean it only provides straight forward sentences but difficult core information with splendid delivering sentences. Having Yoga for Body, Breath & Mind in your hand like finding the world in your arm, data in it is not ridiculous one. We can say that no e-book that offer you world in ten or fifteen tiny right but this reserve already do that. So , this is good reading book. Hey there Mr. and Mrs. busy do you still doubt this?

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Edna Barnett:

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