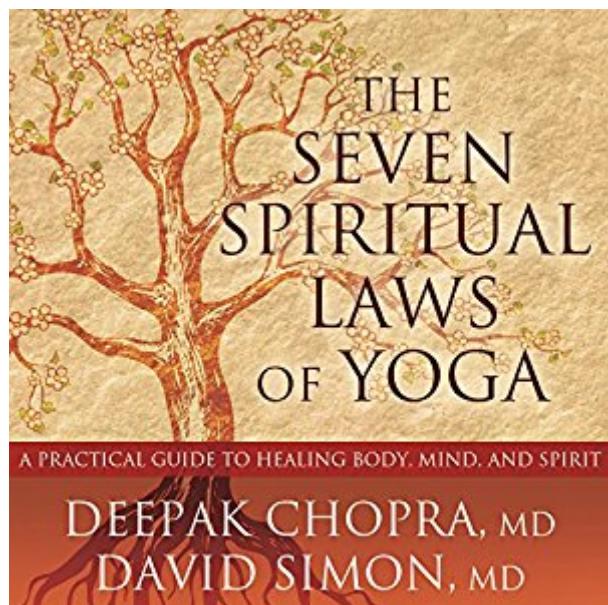


The book was found

The Seven Spiritual Laws Of Yoga: A Practical Guide To Healing Body, Mind, And Spirit



Synopsis

The remarkable benefits of yoga, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice. When adhered to and practiced mindfully, yoga can unlock your full creative potential, capacity for love and compassion, and ability to find success in all areas of your life. The Seven Spiritual Laws of Yoga brings spirituality back to yoga. It shows how the Seven Spiritual Laws play a crucial role in yoga's path to enlightenment while providing listeners with a wealth of meditation techniques, mantras, breathing exercises, and yoga poses. Whether a newcomer to yoga or an experienced practitioner, The Seven Spiritual Laws of Yoga is a portal to yoga's deeper spiritual dimension and a beautiful step to a happier, more harmonious, and more abundant life.

Book Information

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Customer Reviews

I enjoy yoga, and have been practicing since before it was popular! So far, pretty much all of the books I have read on the subject have been the "same old, same old." But this book is different. The Seven Spiritual Laws of Yoga is really special. It has helped me take my yoga practice to another level, where I can experience much more of the spiritual aspect of yoga. The Seven Spiritual Laws of Success has always been my favorite book in the whole world - so to have these laws applied to yoga is simply the ultimate! This book is definitely a winner - it belongs on every mat in every yoga studio, and on every bedside table for all of us "at home" practitioners.

I chose this book because I was looking for help in returning to my practice of yoga. Deepak Chopra books always provided words of guidance. He did not fail in this attempt. He begins the book with insightful questions to help you find the real "you" and then progresses to explain the different types of yoga practices. But the real value in the book is the section discussing the Seven Spiritual Laws. For me, that alone was worth buying the book. After many years of practicing yoga I now understand the importance of not forcing the body to obey moves but it is in allowing the inner Self to assist in all of the movements. There is a wonderful section on yoga positions with excellent photos and descriptions of how to attain the pose. Chopra also discusses meditation, how to practice it and methods for success. This is a book I keep in my workout area and read each day before I begin my sessions. It is not only physically helpful, it is a spiritual inspiration.

If you love yoga then you'll love this book! There's so much more to yoga than the physical postures that we have come to know. Yoga is a beautiful study, one that can really help deepen any spiritual practice. This book explains so much. I really enjoyed it, and will read it over and over again!

Dr. Chopra's book is a very uplifting yet calming way to study the spirituality side of yoga. While the poses are not difficult, the incorporation of the 7 laws gives a whole new meaning to the asanas. This book has taught me the importance of meditation in my yoga practice. I think it's a great book for newcomers as well as experienced yogis. Namaste!

This book is a indispensable daily guide that helps readers implement the spiritual benefits of yoga--both on and off the mat. Chopra and Simon's simple yet descriptive language allows for complete comprehension of the philosophy, meditation, bandhas and practices of yoga. I especially like the Seven Spiritual Laws of Yoga (which fall under Philosophy) and refer to and implement them on a daily basis. As a new student of yoga, this book has greatly helped my approach to and understanding of my daily practices.

The book is thought provoking and easy to read. I have tried reading books by other yogis, but they were hard to follow. This one is easier for me to read because it uses layman's terms.

This is a wonderfully concise book that goes beyond hatha, the yoga of postures, to explain the rest of yoga - spiritual practice, breathing, lifestyle, meditation.

This book is my all time favorite book on yoga, and one of Deepak's best. I had to order another one because when I loaned this book out last time, I never received it back. Guess it turned out to be one of their favorites too. I had to order another one because I couldn't be without it. This is a great "go to" book. Deepak Chopra explains in simple words the true meaning of yoga. So many of the books I have bought in the past about yoga do not resonate with me at all. Deepak's books, especially this one, resonates to your soul. It touches you. It is easy reading. You can pick it up and almost finish it in one sitting. You won't want to put it down.

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