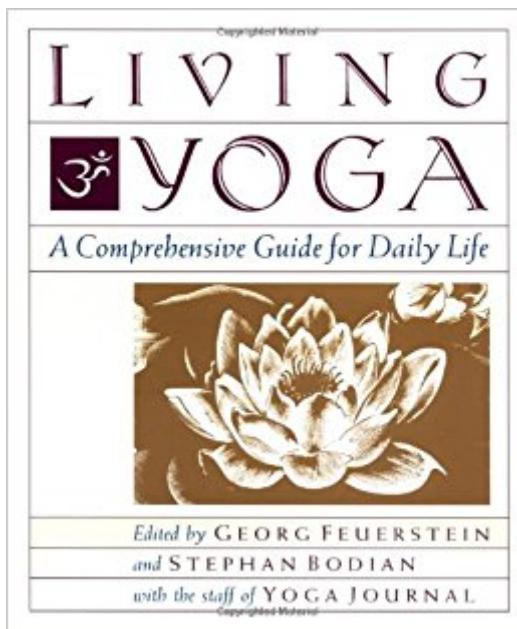


The book was found

Living Yoga



Synopsis

Essays discuss a life of service, the healing power of love, hatha yoga postures, meditation, spiritual relationships, money, and ecology.

Book Information

Paperback: 304 pages

Publisher: TarcherPerigee; 1st.Edition edition (March 24, 1993)

Language: English

ISBN-10: 0874777291

ISBN-13: 978-0874777291

Product Dimensions: 7.5 x 0.7 x 9.1 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ ¤ See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #493,648 in Books (See Top 100 in Books) #143 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Indian #556 inÂ Books > Health, Fitness & Dieting > Reference #1301 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

I confess I'm not sure why I bought this book. It's not like I didn't check out the table of contents on . So, before I bought it I knew it consisted of a selection of journal articles previously published in Yoga Journal. And I know such books, even with a good editor-Georg Feuerstein, in this case-are rarely first-rate. Plus, being a not overly enthused subscriber to Yoga Journal, I should have known what I was getting into. Well, now you can benefit from my experience and know what you'll be getting into if you buy this book. First, concerning Yoga Journal, the source for every article. I realize there's a market for everything. In other words, one man's trash is another man's treasure. So no doubt there are hundreds of thousands of people who subscribe to YJ and have a spiritual orgasm every time they read it. I am not one of them. I find YJ hyper flashy, heavily commercial, its articles often saccharine to the point of inducing nausea. Sometimes I wonder if I read it for the models. That said, I am sure that with discrimination and a willingness to wade through hundreds of back issues you could find some worthy articles and that, no doubt, is what Feuerstein and Co. were trying to do. They were successful on some counts. The problem is there aren't enough high quality pieces to make a solid book. Plus, their rather heterogeneous subjects give the book a grab bag feeling.

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

Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple) Yoga Chants: Deepen Your Yoga Practice with Authentic Sanskrit Chant Pre-natal Yoga: Yoga Class and Guide Book. Yoga Pretzels (Yoga Cards) Sleepy Little Yoga: A Toddler's Sleepy Book of Yoga Little Yoga: A Toddler's First Book of Yoga Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras Karma Yoga: the Yoga of Action The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy The Study And Practice Of Yoga/An Exposition of the Yoga Sutras of Patanjali/Volumell Mussar Yoga: Blending an Ancient Jewish Spiritual Practice with Yoga to Transform Body and Soul The Art and Business of Teaching Yoga: The Yoga Professional's Guide to a Fulfilling Career ABC Yoga: Join us and the animals out in nature and learn some yoga! Angel Bear Yoga: Adventure Stories- Children's stories that are perfect for relaxation, sleep time or kid's yoga. Living Frugally: 55 Perfect Methods to Save Money and Live a Happy Life Without Debts. (Living Frugally, frugal living, frugal suggestions)

[Dmca](#)