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### **Yoga For Transformation Ancient Teachings**

Yoga has millions of devotees in the Western world, but most contemporary yoga students center their practice on postures but not on the ancient teachings that are still relevant today. In Yoga for Transformation , author Gary Kraftsow leads the modern yoga student in combining posture practice with the rich and deep tradition of mind, heart, and spirit.

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In Yoga for Transformation, Gary Kraftsow introduces techniques that treat not only the physical body but also the emotion. Go beyond the physical exercise of yoga with the founder of the American Viniyoga Institute. While there is no denying yoga's popularity as a form of physical exercise, the other life-enhancing aspects of this tradition remain obscure to many Westerners.

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Yoga for Transformation. Ancient Teachings and Practices for Healing the Body, Mind, and Heart. While many people use yoga to improve their physical well-being, the deeper life-enhancing aspects of this rich tradition often remain obscure even to experienced practitioners.

### **Yoga for Transformation - American Viniyoga Institute**

Yoga for Transformation is elegant and speaks with a quiet, compassionate wisdom that radiates the true spirit of a profound yogic heritage. An Authoritative Presentation and Practice Manual Published by Thriftbooks.com User, 17 years ago

### **Yoga for Transformation : Ancient Teachings and Practices ...**

In Yoga for Transformation, Gary Kraftsow introduces techniques that treat not only the physical body but also the emotions, mind, heart, and soul of the practitioner-the places where real transformation can take place. There are breathing techniques to control energy levels, exercises to train and sharpen the intellect, and meditative practices to help increase self-awareness.

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Yoga for Transformation: Ancient Teachings and Practices for Healing the Body, Mind, and Heart by Gary Kraftsow; Gary Kraftsow, the founder of Viniyoga, may be remembered as the author of Yoga for Wellness, a seminal book about applying the tools of yoga in a therapeutic context. But one might argue that Yoga for Transformation, which makes profound practices and abstruse ideas readily available to readers, is an even greater work.

### **Recommended Reading for Yogis: The Best Yoga Books | Yoga ...**

Yoga for transformation : ancient teachings and Holistic practices for healing body, mind, and heart. [Gary Kraftsow] -- While there is no denying yoga's popularity as a form of physical exercise, the other life-enhancing aspects of this tradition remain obscure to many Westerners.

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### **Untitled Yoga Book: Ancient Teachings and Practices for ...**

We've seen that yoga is an ancient spiritual discipline whose central doctrines are utterly incompatible with those of Christianity. Even hatha yoga, often considered to be exclusively concerned with physical development, is best understood as merely a means of helping the yogi reach the goal of samadhi, or union with "God."

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