



# Yoga For Beginners Near Me

**Clara Spring, Clare Spring, Madeleine  
Goss**

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concludes by going beyond the physical aspects to the heart of yoga. It illuminates and gives insight into the discovery of non-dogmatic forms and evolutionary approaches to meditation and spirituality. It presents a clear argument showing the pitfalls of regimented systems and how to make everything in daily life part of yoga practice and spiritual development. Ganga White gives us his unique and creative perspectives on a time-tested discipline for a healthy and vital life. Entertaining and thoroughly readable, this book offers a coherent explication of yoga, its philosophy and practice. White's integrative views will inspire beginners and accomplished yogis to trust their inner wisdom and creatively reassess their practice. He is a great storyteller and gives us his personal and creative perspective, breathing fresh air into an ancient discipline. **Yoga Beyond Belief** offers an original integrative approach to body, mind and spirit that is practical, inspiring and full of valuable insights to enliven and inform anyone's yoga practice.

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**Aqua Yoga** Françoise Barbira-Freedman,2000 Aqua Yoga features a unique series of exercises developed by the author over many years to combine the therapeutic and buoyant nature of water with the energizing and harmonizing effect of yoga

**Yoga Life** ,1993      **The Illustrated Weekly of India** ,1986-04      **Times of India Illustrated Weekly** ,1986

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*Yoga, the Alpha and the Omega* Osho,1976 On an ancient treatise on the Hindu yoga system lectures delivered in Bombay December 1973 January 1974

**Yoga for Today** Clara Spring,Clare Spring,Madeleine Goss,1959      **Buddhi Yoga of the Gita, Or, The Basic Science of the Soul** Magdal Ramachandra,1948

*The Spiritual Roots of Yoga* Ravi Ravindra,2006 Rather than a hatha how to guide with asanas and step by step instructions The Spiritual Roots of Yogaexplains yoga s origin and underlying philosophy The book dives straight to the heart of the yogic tradition embodied in the figure of Krishna in the Bhagavad Gita an understanding broadened through an examination of Patanjali s Yoga Sutra It then provides the framework for an accessible comparison between yoga and Christian Buddhist and other systems of thought The author of several acclaimed interfaith studies Ravi Ravindra writes from a deep understanding of not only the philosophy but the context from which yoga evolved as well as its standing within the community of religious thought and practice offering practitioners and

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