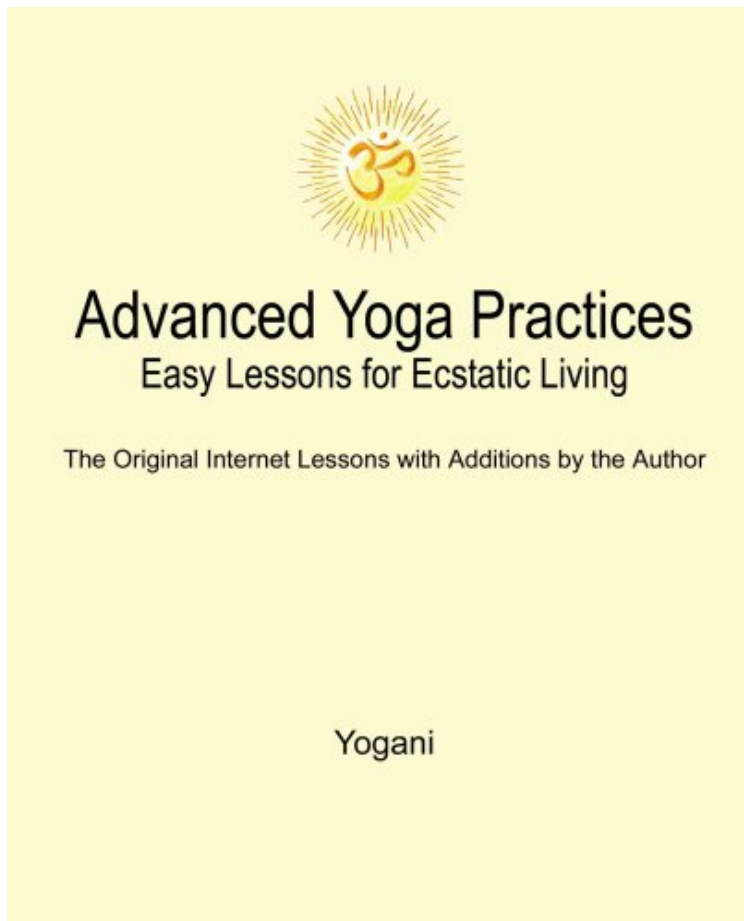


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# Advanced Yoga Practices - Easy Lessons for Ecstatic Living (AYP Easy Lessons Series Book 1) (English Edition)



*Par Yogani*  
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Dtails sur le produit Rang parmi les ventes : #86710 dans eBooksPubli le: 2008-11-13Sorti le: 2008-11-13Format: Ebook Kindle

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**Par Yogani : Advanced Yoga Practices - Easy Lessons for Ecstatic Living (AYP Easy Lessons Series Book 1) (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Advanced Yoga Practices - Easy Lessons for Ecstatic Living (AYP Easy Lessons Series Book 1) (English Edition):

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## Description :

Prsentation de l'diteurThe premise of Yoga is simple. There is an outer reality and an inner one, and our nervous system is the doorway between them. Effective Yoga practices stimulate and open that doorway. The result? Peace, creativity, happiness, and a steady rise of ecstatic bliss radiating from within us...Advanced Yoga Practices (AYP) brings together the most effective methods of Yoga in a flexible integrated system that anyone can use. Instructions are given in plain English for deep meditation, spinal breathing pranayama, bodily manipulations (asanas, mudras and bandhas), tantric sexual practices, and other methods that are systematically applied to swing open the door of our nervous system to permanent higher experience. This is a non-sectarian approach that is compatible with any belief system or religious background. There are over 240 easy-to-follow lessons here, including many hands-on questions and answers between Yoga practitioners and the author. Whether you are a beginner or a veteran in Yoga, the AYP

lessons can serve as a useful resource as you travel along your chosen path. Extensive reader feedback is provided in the book. Here are a few excerpts: "I searched for years to find a method of meditation that I can do. This is do-able." AN "I've learned more about yoga in 4 months than in the previous 30 years of study."

SL "This is a very valuable inspiration for people taking up and maintaining meditation." DB "Spinal breathing pranayama makes me feel so ecstatic, I want to do it all the time." YM "After my first meditation session, I never felt so relaxed. You made me a believer." JF "You make everything seem so simple, yet the practices are profound and dynamic." SS "I wish I had this kind of information when I started some 15 years back." AD "I love the way you explain everything. So simple, logical, and so safe." RY "These are the best lessons I have read on yoga anywhere." RD

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Biographie de l'auteur Yogani is the author of the Advanced Yoga Practices (AYP) system, including more than a dozen Instructional Titles available in Paperback, Kindle eBook and AudioBook editions, covering all aspects of Full-Scope Yoga Practice. Since 1970, he has crossed the lines between many traditions, developing an effective integration of methods including Deep Meditation, Spinal Breathing Pranayama, Hatha, Kundalini, Tantra, Self-Inquiry, and more.

It is a flexible, scientific approach rather than a rigid, arbitrary one, and open to public scrutiny, as all spiritual knowledge should be nowadays. He has no desire for guru status - only to have the joy of making a small contribution to helping the disciplines of spiritual practice become open to everyone. He wishes to remain anonymous, preserving a quiet life in practices. AYP is not about the author. It is about all who long for knowledge.