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Yoga A Complete Guide To The Physical Postures  
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# **The Sivananda Companion To Yoga A Complete Guide To The Physical Postures Breathing Exercises Diet Relaxation And Meditation Techniques Of Yoga**

Achieve a healthy body, mental alertness, and inner serenity through the practice of hatha yoga.

Combining step-by-step asanas, detailed illustrations, programmes, mindfulness techniques, diet advice, and recipes, *Yoga- Your Home Practice Companion* is the complete practice and lifestyle guide for students of all abilities. Master breathing and mindfulness techniques to recharge your energy levels and combat stress. Embrace a healthier more yogic way of eating with diet advice and more than 40 nutritious plant-based recipes. Written by the experts from the world-renowned Sivananda Yoga Vedana Centres, *Yoga- Your Home Practice Companion* has everything you need in one complete package.

The definitive guide to creating your own home yoga practice from the leading experts of *Yoga Journal*. Although yoga studios continue to proliferate, students are increasingly looking to enhance their studio experience with a personal home practice. *Yoga at Home* not only provides all the ingredients

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necessary, but this accessible how-to book also offers a visual feast of pose sequences and routines by top instructors and practitioners as photographed in their own homes. This accessible, photo-intensive, practice-oriented book provides everything needed to enrich a home yoga practice, including how to put together a well-rounded practice, how to expand on or vary that practice, and how-to sequences of poses and practices to follow at home. Along with exercises and advice from famous yoga teachers and practitioners such as Seane Corn, Rodney Yee, David Life and Sharon Gannon, Shiva Rea, and Elena Brower, the book features never-before-seen pose sequences showing these teachers practicing their favorite yoga poses in their homes and exploring the ways in which they use their personal spaces to complement their yoga routines. The practical tips, sequencing ideas, and inspiration found in the teachings of yoga—both ancient and contemporary—will resonate with both students and teachers at every level of practice.

Explore the physiology of 30 key yoga poses, in-depth and from every angle, and master each asana with confidence and control. Did you know that yoga practice can help lower your blood pressure, decrease inflammation and prevent age-related brain changes? Recent scientific research now backs up what were once anecdotal claims about the benefits of yoga to every system in the body. Science of

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Yoga reveals the facts, with annotated artworks that show the mechanics, the angles, how your blood flow and respiration are affected, the key muscle and joint actions working below the surface of each pose, safe alignment and much more. With insight into variations on the poses and a Q&A section that explores the science behind every aspect of yoga, this easy-to-understand, comprehensive ebook is an invaluable resource to achieve technical excellence in your practice and optimize the benefits of yoga for your body and mind.

An integrative approach to healing anxiety, depression, and chronic stress through yoga and breathing exercises Emotional balance is within your reach—when you cultivate the intelligence of both your body and mind. Bo Forbes, a psychologist and yoga teacher, offers some of her most important teachings and practices, including:

- Restorative yoga sequences designed to balance anxiety and lift depression
- Breath and body-centered exercises to calm your mind and energize your body
- Simple ways to understand your emotional patterns
- 3 main obstacles to emotional well-being
- 5 tools for building emotional balance

Rooted in classical yoga yet supported by psychology and science, the techniques in this book will help you create progressive and lasting change.

Fit exercise into your busy life with quick, gentle yoga programs. Do you struggle to find time for

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regular yoga practice? Stress no more: these four 15-minute programs for beginners offer the flexibility and ease of use that busy lifestyles demand. At home, with just a mat and a few household items, ease tension, increase vitality, and get the flexible body you've always wanted by regularly practicing these 15-minute routines. Clear, step-by-step photographs paired with easy-to-follow instructions explain exactly what to do in each asana, and at the end of each 15-minute program there's an at-a-glance summary of the routine. 15 Minute Gentle Yoga will inspire you to make yoga part of your weekly routine, so you soon reap the benefits of enhanced health and wellness.

## Realize the Power and Eternity of Every Moment

"Meditation is a continuous flow of perception or thought like the flow of water in a river." SWAMI VISHNU-DEVANANDA An integral part of all forms of yoga, meditation is an important key to achieving peace of mind in our increasingly chaotic lives, with regular practice enhancing mental, physical, and spiritual well-being. The Sivananda Companion to Meditation outlines a simple step-by-step guide to the practice of meditation and shows you how to make it a part of your everyday routine. You will learn about the beneficial effects of meditation, including how this powerful art will help you to •  
• Reduce stress and experience greater clarity of mind  
• Treat health problems, ranging from depression

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and anxiety to insomnia and chronic pain • Develop your powers of concentration and positive thinking • Lead a more balanced life in tune with the fivefold path as taught by the Sivananda Yoga Vedanta Center The Sivananda Companion to Meditation is geared to beginners as well as those already experienced in the art of meditation. Regardless of your level, this book will help you to attain a state of profound clarity and serenity that will change your life.

The Yoga Sutras of Patanjali were compiled in 300 BCE, predating all other religions of this world. To this day they form the basis of all yogic philosophy, despite the fact that their reference to the asanas (or physical postures), associated with hatha yoga practice at studios throughout the U.S. and all other the world, are mentioned only rarely. Instead, the Sutras (the word means "thread") are a series of wise aphorisms meant to serve as transformational instruction. They design a way of thinking, a method of practice, a type of relationship to life and others, and practical guidance in both meditation and action. Their goal is union of the individual with God, or atman, which is the ultimate goal of all forms of yoga. Suhas Tambe was introduced to the study and life of yoga through his Indian spiritual master in 1993. The Sutras were integral to this initiation, and he is now a scholar, teacher and long-term practitioner of their esoteric wisdom. He is also the

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first Westerner to reveal his teacher's knowledge of these sutras' hidden sequence. From the time of Patanjali onward, Tambe claims, the scrambling of the sequence of sutras was a respected tradition. Such deliberate confusion was done with a view to preserving the sanctity of these precious teachings. Since interpretation of any sutra must bear reference to and consistency with the previous and the following sutra, proper sequence becomes a critical factor, a fundamental to the use of this time-honoured scripture. The key to the real sequence of Yoga Sutra was handed down verbally by the guru only to the eligible disciple. Far more than an instruction manual, this book is also about one seeker's progression. The author, who began his search entrenched in materialism (he was an accountant with an MBA working in IT), was "transformed" into a devoted practitioner. This path thoroughly changed his life's priorities, evolved his purpose and dissolved old habits in a way that will be inspiring to many. "Yoga not just entered my life", he writes, "but now, it is my life". The clear progressive stages of transformation through yoga are documented here. as nowhere else. This new sequence unfolds a practical road-map for knowing and practising the elevation of the seeker's awareness -- from the physical, to the astral, and to finally to the mental levels-and designates observable milestones to determine one's progress

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on the path. It marries the philosophy of Yoga with clear "how-to" instruction.

Patanjali's Yoga Sutras is the fundamental sourcebook for yoga and meditation. It is a must-read for the student, as well as the teacher, on this wisdom path.

The Book Of Yoga Is Recognised As The Classic, Definitive Guide To This Popular Subject. Clear, Comprehensive And Superbly Illustrated, The Book Covers All Aspects Of The Discipline And Provides Inspiration For Beginner And Expert Alike. It Has Now Been Reformatted With A More Modern Design With Full-Colour Pictures Throughout And Remains The Best Guide In The Market. It Shows You How To: \* Develop A Fit And Beautiful Body \* Improve Your Health \* Keep Youthful In Every Stage Of Life \* Enjoy A Troublefree Pregnancy \* Eat Wisely And Well \* Banish Stress And Tension \* Breathe For Life And Vitality \* Increase Your Powers Of \* Experience Peace Of Mind Concentration

Since 1960, more than 1 million people have used this classic guide to tap the incredible power of yoga. The attractive new edition, in a new size, will appeal to a wide audience of contemporary yoga students. What is yoga? Stereotypical images of people practicing this ancient art range from white-bearded Indian mystics chanting 'om' on mountaintops to urban fitness fanatics contorted into uncomfortable looking positions. We recognize the name, but may

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not realize how the set of ideas and practices known as yoga moved from its birthplace on the Indian subcontinent to become a global phenomenon.

Positioning Yoga considers how the recent development of yoga, from its introduction to Western audiences by the Indian Swami Vivekananda at the 1893 Parliament of the World's Religions in Chicago through to the present day, has generated specific forms of modern practice. Strauss takes us on an illuminating journey from India to Germany and America, and back again to India.

While acknowledging yoga's point of origin, Strauss explores how yogic practices and ideas have been transformed when they cross cultural boundaries. Yoga can be defined in many ways as an attitude, a philosophic system, a set of practices, a way of being in the world but its definition is always located within a particular historical context. What makes yoga practitioners affiliated with Swami Sivananda's Divine Life Society of Rishikesh, India - whether they hail from India, North America, or Europe - unique? What values around the world have supported the surging popularity of yoga over the past century? This absorbing book considers how lifestyle values have made yoga a global industry and shows how culture is produced and disseminated across boundaries.

'A Mantra is a mystical energy encased in a sound structure . . . It steadies the mind and leads to the



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stillness of meditation.' The modern lifestyle with its excesses and worldly desires, the constant need to be connected, and the rapid development in technology, has made stress and lifestyle-related diseases the norm. The need for meditation thus is more acute. Meditation calms the mind, brings focus and enhances the senses, resulting in a better quality of life and work. And with the right Mantras, meditation becomes a highly effective tool in unleashing the immense potential within oneself. This book from the Sivananda Ashram explains what meditation and Mantras are and how they can be effectively used to recharge oneself with divine energy.

NEW YORK TIMES, WALL STREET JOURNAL,  
AND USA TODAY BESTSELLER This book will shine new light on your journey, ignite your practice with new power, inspire new possibilities for growth, and infuse your life with the grace and confidence you seek. --Baron Baptiste A little over a decade ago, Baron Baptiste published his seminal book, Journey into Power. The first of its kind, it introduced the world to Baptiste Yoga, his signature method that marries a lifetime of studying with some of the world's most renowned yoga masters with his uniquely powerful approach to inner and outer transformation. Since then, yoga has steadily moved into the mainstream in our culture, and Baron's unique contribution has played a key role. As

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millions of participants incorporate yoga into their daily lives, Baron's teachings have evolved to bring them even deeper into their own transformative possibilities. *Perfectly Imperfect: The Art and Soul of Yoga Practice* takes readers beyond the foundations of the practice by speaking to everything that happens in their bodies and minds after they get into a yoga pose. That is where the true transformation occurs, and where much rich spiritual and emotional growth is available. Readers will learn how to move through their lives with grace and flow, begin again when a situation becomes difficult, be a yes for their innermost desires, give up what they must, follow their intuition, and find their truth north. With his signature blend of boldness, insightfulness, humor, and warmth, Baron offers what is destined to be an instant classic in the yoga and meditation world. With *Perfectly Imperfect*, he proves once again to be a true yoga master for the modern world.

From the leader in the field of yoga today, The Sivananda Yoga Centre, comes a long-awaited, essential beginner's guide to this popular exercise. Everything students need to know to begin practicing at home is here, with easy-to-understand instructions and 200 illustrations-including a discussion of yoga's five basic principles: exercise, breathing, relaxation, diet, and meditation. Start with basic, gentle stretches, and in eight sessions, learn the right (and wrong) ways to perform 12 main asanas: Easy Pose,

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Sun Salutation, Locust, Cobra, Bow, Plough, and more. The guide includes tips on how to lead a yogic lifestyle in terms of diet, stress relief, and positive thinking. Anyone, regardless of age or religion, can practice yoga and achieve physical, mental, and spiritual well-being.

The long-awaited, complete guide to the popular, vigorous American method of yoga that is deeply rooted in ancient wisdom and scriptures “In this day and age of health and fitness trends, it is assuring to know that Sharon and David encourage their students to draw inspiration from the classical texts of Yoga and timeless scriptural sources. ”—Sri Swami Satchidananda Creators of the extremely popular Jivamukti Yoga method and cofounders of the New York City studios where it is taught, Sharon Gannon and David Life present their unique style of yoga for the first time in book form. As they explain their intensely physical and spiritual system of flowing postures, they provide inspiring expert instruction to guide you in your practice. Unlike many books about yoga, Jivamukti Yoga focuses not only on the physical postures but also on how they evolved—the origins of the practices in yoga’s ancient sacred texts and five-thousand-year-old traditions—the psychotherapeutic benefits that accrue with a steady practice, and the spiritual power that is set free when energy flows throughout the mind and body. Jivamukti Yoga, which means “soul

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liberation,” guides your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realization—the ultimate goal of any practice. Gannon and Life help you understand each of the practices that comprise the yoga path to enlightenment: AHIMSA—The Way of Compassion: choosing nonviolence, respecting all life, practicing vegetarianism, living free of prejudice ASANA—The Way of Connection to the Earth: postures and sequences, breathing, transforming energy, understanding the bandhas KARMA—The Way of Action: creating good karma, giving thanks NADAM—The Way of Sacred Music: appreciating the sacred sounds of yoga MEDITATION—The Way of the Witness: how to sit still and move inward BHAKTI—The Way of Devotion to God: living with love, grace, and peace Whatever yoga you practice, Jivamukti Yoga will help you to strengthen and deepen that practice and lead you onto a path of spiritual clarity and self-discovery. “If there is only one book you read about the practice of Yoga, this should be the one. . . . This book is for anyone who wishes to find transformation through Yoga. I’m grateful for their work and teaching.”—Stephan Rechtschaffen, MD, Co-founder & CEO, Omega Institute

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every

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issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

A new edition of this in-depth guide to yoga, based on Swami Vishnu-Devanandaâ€(tm)s five yoga principles. Develop your mental and physical potential, nourish yourself with simple, wholesome food and begin to take control of the stresses and tensions of everyday living by following Swami Vishnu-Devanandaâ€(tm)s five yoga principles: exercise, breathing, relaxation, diet and meditation. All the yoga essentials are covered in simple easy-to-follow, step-by-steps: from the Sun Salutation and 12 basic asana, to diet and meditation techniques. For yoga enthusiasts whatever their age or fitness level. (Content taken from the previous edition of Yoga Mind & Body) Presents postures and total body sequences, offers breathing and meditation techniques, provides advice on finding the right style of yoga and shares a nutrition plan centered around clean, calming foods. A complete manual for physical and spiritual well-being from the founder of the OM yoga center. In Yoga Body, Buddha Mind, the first book to give readers the best of both inextricably linked practices, Cyndi Lee -- author of the bestselling series OM

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Yoga in a Box -- shares her twenty years of experience as a practicing Tibetan Buddhist and one of the country's most famous yoga instructors. This easy-to-use guide shows readers of all yoga levels how to combine the basic tenets of Buddhism and meditation with yoga practice. Her book offers simple meditation programs and exercise sequences that can be done just about anywhere, in addition to more advanced and rigorous regimens. Written in the same personal, comfortable, and charismatic style that Cyndi Lee has brought to her classes, *Yoga Body, Buddha Mind* is a comprehensive how-to guide for spiritual well-being and the ultimate enlightening experience.

*Sivananda Companion to Yoga* Simon and Schuster  
It's like having a yoga teacher in your own home!  
Van Lysebeth, with over 50 years experience as a yoga instructor, describes more than 200 exercises and postures, using over 100 photographs and numerous illustrations that show both the right and wrong way to perform them. Unlike other yoga books which show only the completed posture, these illustrations show the intermediate steps for attaining the final postures. For beginning students, this classic book is a perfect introduction to yoga.

Once you have learned the basics of yoga, where do you go? This book has been written for teachers and serious practitioners who want to use yoga to bring complete balance to the body. Stiles provides a

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comprehensive overview of the spiritual philosophy of yoga and its many branches, and discusses everything that a beginning student needs to consider when choosing a practice, including how to find a yoga teacher. Then he shares his solid understanding of anatomy and kinesiology (how specific muscles and bones react during movement) so that you can understand how each asana affects your body.

Are you looking for renewed energy, relief from stress, improved sleep, and much more? Start your Ayurveda wellness journey here. Practiced in India for millennia, Ayurveda means life-knowledge--it reveals the path to ultimate well-being by identifying your individual characteristics and patterns of health, and showing you how to bring balance to your life. Learn your Ayurvedic body type (dosha) through a simple self-assessment questionnaire, and how to apply Ayurveda to elements of any lifestyle. Adjust your diet to suit your body type using recipes and ingredient lists, stretch and energize your body through yoga, and focus and relax your mind with meditation and positive thinking exercises. You can also look up home therapies and remedies for a variety of common ailments. Whether you discovered this ancient lifestyle practice yourself, through your yoga practice, or as an alternative therapy, use Practical Ayurveda to learn how to apply its wisdom to the modern world.

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A guide to the relaxing and healing skills of massage, the ancient Japanese art of shiatsu and reflexology. With step-by-step instructions, the book guides the reader through the complete working sequence for each skill and provides detailed descriptions of appropriate strokes for each part of the body. The book also explains what the body can tell you and shows how massage can be used to soothe, to invigorate, to relieve aches and tensions and to help in difficult circumstances, from work to leisure, from pregnancy to old age.

The Hatha Yoga Pradipika is an ancient text used by Yogis to create the power. This is one of the earliest treatises on Hatha Yoga; all the modern books are based on it. This book is intended as an aid for those who wish to learn the advance practices of Hatha (Kundalini) Yoga from a qualified teacher. It is suggested that it also be used in conjunction with Complete Illustrated Book of Yoga by Swami Vishnu-Devananda, the Sivananda Companion to Yoga (known as the Book of Yoga in Britain), and Yoga Mind and Body. Many of the instructions given here have been purposely veiled by the original writers, others need elaboration, and many require the guidance of a teacher for correction. Swami Vishnu-Devananda has repeatedly stressed that these practices are not for beginners, and that to violate this caution is to put the psyche at risk. Please therefore, follow these instructions along with the guidance of your guru. A Glossary has been prepared for this book for this third edition, the hopes that this will be used as a



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reference manual for serious Yoga students on all levels. A recognized master of Tai Chi gives step-by-step instructions on the ancient art of Chi Kung--Chinese medicine in a physical form. Readers discover how practicing Chi Kung can prevent and treat a wide range of ailments, strengthen the immune system, improve concentration and memory, regenerate the nervous system and more. 10 full-color photographs; 90 two-color illustrations.

The classic guide to yoga -- clear, comprehensive and superbly illustrated. Easy-to-follow instructions and authoritative teaching cover all aspects of this timeless discipline -- an inspiration for the beginner and expert alike. \* Develop a fit and beautiful body \* Keep youthful in every stage of life \* Eat wisely and well \* Breathe for life and vitality \* Improve your health \* Enjoy a troublefree pregnancy \* Banish stress and tension \* Increase your powers of concentration \* Experience peace of mind

Demonstrates yoga postures, including some for children, the elderly, and pregnant women;; recommends breathing exercises and meditation; and discusses nutrition, fasting, relaxation, stress reduction techniques, and more. Original.

Today yoga is a thoroughly globalised phenomenon. Yoga has taken the world by storm and is even seeing renewed popularity in India. Both in India and abroad, adults, children and teenagers are practicing yoga in diverse settings; gyms, schools, home, work, yoga studios and temples. The yoga diaspora began well over a hundred years ago and we continue to see new

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manifestations and uses of Yoga in the modern world. As the first of its kind this collection draws together cutting edge scholarship in the field, focusing on the theory and practice of yoga in contemporary times. Offering a range of perspectives on yoga's contemporary manifestations, it maps the movement, development and consolidation of yoga in global settings. The collection features some of the most well-known authors within the field and newer voices. The contributions span a number of disciplines in the humanities, including, anthropology, Philosophy, Studies in Religion and Asian studies, offering a range of entry points to the issues involved in the study of the subject. As such, is of use to those involved in academic scholarship, as well as to the growing number of yoga practitioners who seek a deeper account of the origin and significance of the techniques and traditions they are engaging with. It will also-and perhaps most of all-speak to the growing numbers of 'scholar-practitioners' who straddle these two realms. Further resources and supporting material are available to view at [www.yogainthemodernworld.com](http://www.yogainthemodernworld.com)

Senior Iyengar Yoga teacher Bobby Clennell brings decades of yoga study and teaching experience to The Woman's Yoga Book. She offers a comprehensive program of asana (yoga poses) and pranayama (breathing exercises) designed to support menstrual health from menarche to menopause, along with nutritional and lifestyle information for those times off the yoga mat. Yoga sequences are given for each phase of the menstrual cycle: • premenstrual: poses to stabilize • menstruation: poses to restore • postmenstrual: poses to

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rebalance • on through to ovulation: poses to strengthen  
In addition, The Woman's Yoga Book offers sequences for:  
• PMS, irritability, tension, and moodswings •  
migraine headaches • bloating and breast tenderness •  
insomnia • cramps and lower back pain • heavy  
bleeding • scanty periods • absence of menstruation •  
irregular periods A former professional animator, Bobby  
has used her skill in rendering over 700 illustrations that  
teach right along with her text. Best of all, she  
encourages women to embrace the physical, emotional,  
mental, and spiritual well-being that comes from  
practicing women's yoga. Begin the journey—now!

'An indispensable companion for all interested in yoga,  
both scholars and practitioners' Professor Alexis G. J. S.  
Sanderson Despite yoga's huge global popularity,  
relatively little of its roots is known among practitioners.  
This compendium includes a wide range of texts from  
different schools of yoga, languages and eras: among  
others, key passages from the early Upanisads and the  
Mahabharata, and from the Tantric, Buddhist and Jaina  
traditions, with many pieces in scholarly translation for  
the first time. Covering yoga's varying definitions, its  
most important practices, such as posture, breath  
control, sensory withdrawal and meditation, as well as  
models of the esoteric and physical bodies, Roots of  
Yoga is a unique and essential source of knowledge.  
Translated and Edited with an Introduction by James  
Mallinson and Mark Singleton

Practice hatha yoga at home with beginner, intermediate,  
and advanced levels for each asana (pose), anatomical  
illustrations, a vegetarian diet transition plan with recipes,

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and mindfulness techniques. Achieve a healthy body, mental alertness, and inner serenity through the practice of hatha yoga. Combining step-by-step asanas, detailed anatomical illustrations, programs, mindfulness techniques, plant-based diet advice, and recipes, this is the complete practice and lifestyle guide for students of all abilities. Progress your way through the 12 classic asanas (poses), then continue your practice with 9 programs with 20-, 40-, or 60-minute sequences for beginner, intermediate, and advanced students. Master breathing and mindfulness techniques to recharge your energy levels and combat stress. Embrace a healthier way of eating with diet advice and more than 40 nutritious recipes. Written by the experts from the world-renowned Sivananda Yoga Vedanta Centers, this book has everything you need in one complete package.

Physical is the story of a hard-living, happily married, middle-aged American (the author) who gets a three-day "executive checkup" at the Mayo Clinic and is thereby forced to confront his mortality, not to mention glove-wearing doctors and the pair of dominatrix-esque technicians who supervise his stress test quite strictly. James McManus must understand his revised actuarial odds in the light of his not-so-long-lived forebears and the fact that his youngest children are only six and five years old. He has to survive his own cardiovascular system, inherited habits, and genetic handicaps long enough to see Bea and Grace into adulthood. But with so much at stake, and in spite of his terror of death, he may not have the willpower to follow the Mayo clinicians' advice. On a related health front, McManus's twenty-nine-

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year-old daughter, Bridget, has lived with juvenile diabetes since she was four, and the Bush Administration's opposition to the stem cell research that could save her life makes him feel like he "might have to do something rash." Meanwhile, should he have a vasectomy? Or try for another child, having lost his only son? How much longer will he be able to perform such manly feats without Viagra? Is his grateful wife sleeping with the brilliant ophthalmological surgeon who saved their daughter's vision? Physical negotiates the political and medical forks in the labyrinth of our health care system and calls for sanity and enlightenment in the stem cell research wars. It's a no-holds-barred, wrenching, but often hilarious portrait of the looming mortality of a privileged generation that can't believe the party's winding down, if not over.

The teachings of yoga advocate a vegetarian diet, with special emphasis on foods that bring peace to body, mind, and spirit. The Yoga Cookbook contains more than 170 recipes prepared under the guidance of the world-renowned Sivananda Yoga Vedanta Centers. Illustrated with more than sixty beautiful color photographs, these delicious, easy-to-prepare recipes have an international flavor. Begin the day with Citrus Slices with Pomegranate Seeds and Carrot and Molasses Muffins. Savor Vegetable Ragout over brown rice, and still have room for a square of Gingerbread with Orange Butter Frosting. Serve Cinnamon Beans along with Herbed Polenta with Corn for an Italian-inspired feast. Treat yourself and those you love to Raisin Nut Balls, Banana-Nut Tart, or Chocolate Truffles. All are prepared with

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wholesome ingredients that increase vitality, energy, health, and joy. Containing wheat-free recipes, guidance for vegans, and advice on buying, storing, and preparing the basic ingredients used in yogic cooking, and with special sections on feasts and fasts, The Yoga Cookbook brings this soul-satisfying, healing diet to experienced yoga students and beginners alike.

Swami Vivekananda revealed to the world the true foundations of India's unity as a nation. He taught how a nation with such a vast diversity can be bound together by a feeling of humanity and brother-hood. Vivekananda emphasized the points of drawbacks of western culture and the contribution of India to overcome those. Netaji Subhash Chandra Bose once said: "Swamiji harmonized the East and the West, religion and science, past and present. And that is why he is great. Our countrymen have gained unprecedented self-respect, self-reliance and self-assertion from his teachings." Vivekananda was successful in constructing a virtual bridge between the culture of East and the West. He interpreted the Hindu scriptures, philosophy and the way of life to the Western people. He made them realize that in spite of poverty and backwardness, India had a great contribution to make to world culture. He played a key role in ending India's cultural isolation from the rest of the world.

This is a direct path to higher conciusness. It is the process of concious cooperation with evolution. within each of us there lies a vast Potential of energy and power which, when properly understood and directed, will lead to previously unimagined heights of perception and awareness. This is a book of inspiration, and into life

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are given for those who wish to cooperate with evolution.  
Swami Radha has presented clear directions for  
exercises and practices.

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