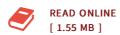




## The Matrix of Yoga: Teachings, Principles and Questions

By PhD Georg Feuerstein, Brenda Feuerstein

Hohm Press,U.S., United States, 2013. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. This book offers novice Yoga practitioners a solid foundation on which to begin or build their personal practice. Written by two highly-respected Yoga teachers and scholars in the West-Georg Feuerstein and his wife Brenda Feuerstein-the book will also augment Yoga teacher trainings, and provide current Yoga teachers with an invaluable text to use with or recommend to their new students. Yoga stands for spiritual discipline, as it was developed in India over thousands of years. This is the focus and purpose of The Matrix of Yoga: to provide as simple an introduction to the authentic teachings of Yoga as possible. While Yoga traditionally included physical postures, this was just one aspect of practice. Mental discipline was counted as far more important. Above all, Yoga was wrapped into an overall spiritual framework. Every single discipline had the purpose of helping the practitioner to grow toward inner (or spiritual) freedom. This reader-friendly handbook is divided into two sections. In Part 1 the authors establish the substructure of Yoga, with short essays that cover basic principles: the meaning of Yoga, the practice, the types,...



## Reviews

This book will never be easy to start on reading but quite exciting to see. It is actually rally intriguing through looking at period of time. Your daily life span will be convert once you total looking over this book.

-- Torrance Vandervort

This book is worth getting. Yes, it really is enjoy, continue to an amazing and interesting literature. You can expect to like how the author publish this book.

-- Prof. Cindy Paucek I

## Other Kindle Books



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English. Brand New Book. Read With Biff, Chip and Kipper is the UKs best-selling home reading series. It is based on Oxford Reading Tree which...



Book Finds: How to Find, Buy, and Sell Used and Rare Books (Revised)

Perigee. PAPERBACK. Book Condition: New. 0399526544 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! \* I...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



Who Am I in the Lives of Children? an Introduction to Early Childhood Education with Enhanced Pearson Etext - Access Card Package

Pearson, United States, 2015. Paperback. Book Condition: New. 10th. 251 x 203 mm. Language: English. Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...