



Quantum Yoga (Paperback)

By Lara Baumann

Mandala Publishing Group, United States, 2013. Paperback. Condition: New. 2nd edition. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Lara Baumann developed Quantum Yoga to help practitioners tap the ancient approach to achieving union with the divine through the harmony of body and mind. Drawing on both Western and Eastern medicine aligned with Quantum physics, Lara Baumann offers a whole-body, whole-mind kind of yoga that is becoming one of the most important contemporary disciplines in the field. This accessible guide is the key to creating the ultimate individualized practice. Quantum Yoga instructs the reader to recognize, construct, and vary dynamic yoga sequences ideally suited to personal needs. Part 1 provides a thorough explanation of the history, philosophy, and varying traditions of yoga, and also outlines the body's gross and subtle anatomies, the basic principles of Ayurveda, and how the modern insights of Quantum physics illuminate the ancient spiritual teachings of yoga. Part 2 delivers a step-by-step approach, with clear illustrations, to creating a personalized and flexible vinyasa-yoga practice. Quantum Yoga takes into account your body-mind constitution, and how circumstances might be...



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