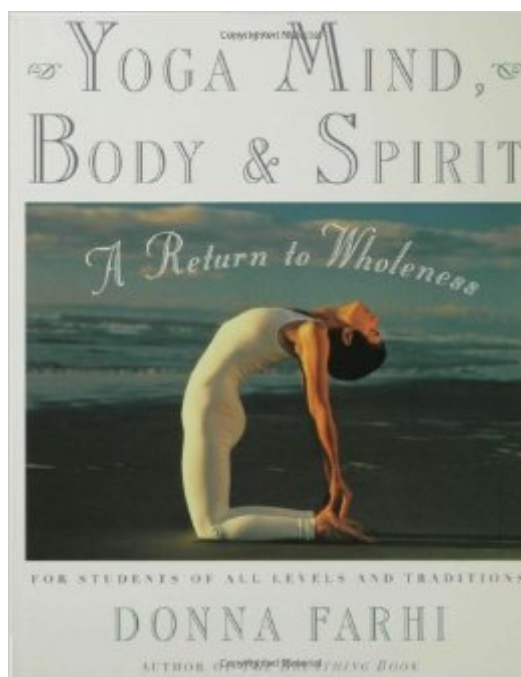


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# Yoga Mind, Body & Spirit: A Return To Wholeness



## Synopsis

The author of Yoga Journal's most-read column presents the first holistic guide to yoga. A user-friendly guide illustrated with 240 two-color photographs and illustrations, *Yoga Mind, Body & Spirit* sets forth the tenets of this gentle yet rigorous exercise as no other book has. Integrating the teachings of every tradition, internationally renowned yoga instructor Donna Farhi reveals how yoga enhances the connections between the mind, body, and spirit. She outlines the seven simple movement principles that underlie all human motion and provides exercises to help readers understand how they can achieve all yoga postures. She also discusses the ten ethical precepts that are the foundation of all yoga teachings and explains how to incorporate them into a spiritually and emotionally rewarding inner practice. At the heart of *Yoga Mind, Body & Spirit* are more than seventy-five yoga asanas or postures. Each is one pictured and described in detail, and they are arranged into related groups--including standing postures, sitting postures, arm balances, and breathing practices--or easy reference. A selection of yoga practices of varying lengths and levels of difficulty provides challenges and inspiration for beginner, intermediate, and advanced students. A huge resurgence of interest in yoga is sweeping the country. With its broad scope and holistic approach, *Yoga Mind, Body & Spirit* is the ideal book for today's mainstream audience.

## Book Information

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## Customer Reviews

Since I first began practicing yoga several years ago, I've read a ton of different books on the subject, and so far, this is one of my favorites. Author and yogi Donna Farhi takes some of the best elements from other works and combines them into an extremely readable, practical format. For example, she begins by reviewing the eight-limbed path of yoga and then focusing on a discussion

of the "ten living principles" - basically, these are moral and spiritual guidelines from yogic philosophy. She then moves on to the asana limb, or the practice of yoga postures, and introduces seven "moving principles" (breathe, yield, radiate, center, support, align, engage) to assist the reader in gaining a greater body awareness within the poses. Farhi also reviews anatomical information in a way that is much more simple and more accessible than in *The Anatomy of Yoga* (although this is also a wonderful book). The second half of the book centers around the yoga asanas themselves. Farhi groups the poses into chapters on standing postures, sitting postures, back bends, arm balances and upside-down poses, and restorative postures and breathing practices. Each chapter begins with incredibly useful information on properly aligning the body, including many wisdoms which I had never seen before. The descriptions of the individual asanas are also enormously helpful; many include variations for those unable to attain the full posture. I particularly liked the suggestions included under the "Having Trouble?" section, as these anticipated common complaints in many of the poses; those who are pregnant will also appreciate the prenatal guidelines given for every pose.

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