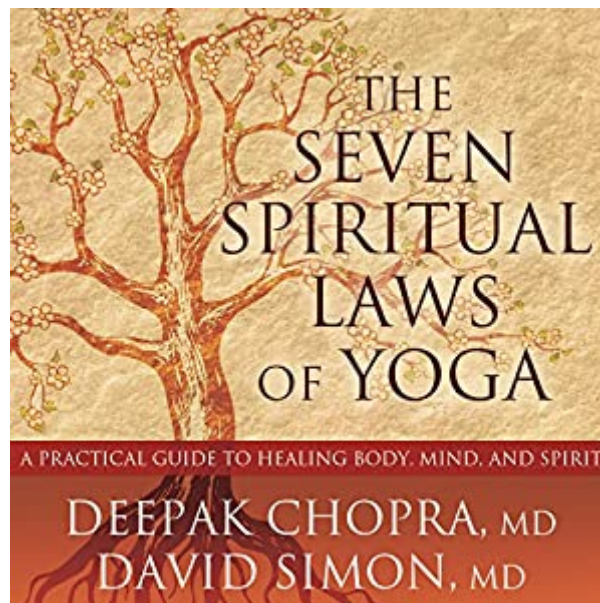




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The Seven Spiritual Laws Of Yoga: A Practical Guide To Healing Body, Mind, And Spirit



Synopsis

The remarkable benefits of yoga, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice. When adhered to and practiced mindfully, yoga can unlock your full creative potential, capacity for love and compassion, and ability to find success in all areas of your life. The Seven Spiritual Laws of Yoga brings spirituality back to yoga. It shows how the Seven Spiritual Laws play a crucial role in yoga's path to enlightenment while providing listeners with a wealth of meditation techniques, mantras, breathing exercises, and yoga poses. Whether a newcomer to yoga or an experienced practitioner, The Seven Spiritual Laws of Yoga is a portal to yoga's deeper spiritual dimension and a beautiful step to a happier, more harmonious, and more abundant life.

Book Information

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Customer Reviews

This is one of the best books on basic teachings of Yoga and how the Yoga tradition works. Deepak Chopra as always has done an excellent job at his passing on of knowledge of all things Vedanta. The poses contained within are also very beginner friendly and helpful if you're looking to improve your over-all fitness, flexibility and general sense of well being. Deepak offers a well balanced approach to Yoga in this book. I would buy this again for someone I know.

Read this while studying and practicing yoga for the first time. Love it so much and still read this to this day when not practicing because the rules listed are basic rules of life written so beautifully that

I believe anyone who is keen to connecting to others on a basic human level, can appreciate. Whether you are religious or spiritual or have no beliefs you can connect to the realness of what the author presents to you about what yoga is and how it is best practiced, and overall, the ways in which life can be best lived. It put me at peace in some of my most chaotic times and like books like the four agreements, allowed me to take a step back from the chaos, breathe, and ground myself into reality and the beauties of life. Found when I was googling "best books for practicing yoga" and found that it is so much more than that.

I have been practicing yoga almost a year and I was introduced to Yoga by reading the seven spiritual law and this book is a perfect companion and open my eyes on how I should practice yoga and make it a part of my daily life.

I was pleased to find this book focusing on spiritual aspects of Yoga, since I believe the spiritual aspect is as important as the physical.

This book is my all time favorite book on yoga, and one of Deepak's best. I had to order another one because when I loaned this book out last time, I never received it back. Guess it turned out to be one of their favorites too. I had to order another one because I couldn't be without it. This is a great "go to" book. Deepak Chopra explains in simple words the true meaning of yoga. So many of the books I have bought in the past about yoga do not resonate with me at all. Deepak's books, especially this one, resonates to your soul. It touches you. It is easy reading. You can pick it up and almost finish it in one sitting. You won't want to put it down.

Deepak Chopra has written a wonderful book with his views on yoga. The book goes further than just what most non-practitioners think is yoga...The poses. Now, while Mr. Chopra does mention the asanas, his focus is on the yoga practice as a whole!The book is not too long, nor does it go into deep rhetoric about yoga...I am sure there are other books which do...So, for a beginning practitioner, a budding yogi, or someone who just wants to read a book about spirituality and may be interested in starting a physical yoga practice but wants to know the spiritual side as well, this book will suit you perfectly!

Amazing book for teaching the seven spiritual laws of yoga! Also provides a great morning routine and how to mindfully take the seven spiritual laws of yoga into practice during your day! Definitely

recommend!

A great source of information. Anyone interested in expanding their knowledge of yoga should read this book. This book will help you understand that yoga is not just poses, there is also a much higher level of spiritual aspect to yoga. This book will provide pictures of asanas, their purpose and benefits.

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