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The western concept of yoga,
more often than not, misses the
ultimate “ goal ” , if one can call it
that, of the practice, which simply

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put, is the unification of the body,
mind and spirit to recognise that
there is an intelligence beyond
one ' s mind, known as
consciousness and has a meaning
well beyond its medical definition.

~~Yoga: The Spirit and Practice of~~

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I love the subtitle of his heavy-duty trade paperback, "the spirit and the practice of Moving into Stillness". Such a poetic way to describe yoga and meditation. Erich Schiffmann is an American yoga expert who has studied with

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Schrinmahn
some of the more influential yoga
masters in the world.

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The western concept of yoga,
more often that not, misses the
ultimate “ goal ” , if one can call it

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that, of the practice, which simply put, is the unification of the body, mind and spirit to recognise that there is an intelligence beyond one 's mind, known as consciousness and has a meaning well beyond its medical definition.

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Yogis, or yoga practitioners, aim to obtain moksha or liberation from the suffering of samsara, the cycle of birth, death and rebirth that is at the center of Hinduism. Many traditions practice...

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~~Is Yoga a Spiritual Practice? | Is
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The word yoga translates to union and when practiced correctly, the mind, body, and spirit of a person can become aligned and well. In addition to the asanas, aka poses,

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Meditation, and pranayama Erich
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(breathing exercises) are
particularly helpful in creating
more wellness in the mind and
body and a deeper connection to
your authentic self and/or a higher
power (God, The Universe, Allah,
whatever you call it).

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~~The Spiritual Benefits of Yoga &
Why Yoga Is Not A Religion~~

When committing to yoga practice on a regular basis, yogis seek to experience and become aware of the spirit, or the energy, within and without. We ' re not talking

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Schimmhahn
about ghostly spirits here, or some
supernatural being – spirit is
higher consciousness; a driving
force, a motivation, a reason
behind everything we think and
everything we do.

~~The Spiritual Side of Yoga |~~

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Yoga is joining the mind, body and spirit. A social practice Hatha is strengthening the body (physically) for yoga. (Becoming ready for deeper process of yoga.)
Ha- tha: Balancing all things-
balance and stillness Sun - moon

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Pathanjali - Yoga is the calming of
the fluctuations of the mind
(meditation). Sutra- thread 4
PADAS (there are almost 200) 1.
Samadhi Pada I: Contemplation and
Meditation ...

~~Yoga is joining the mind.docx~~

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Yoga gives the gift of a calm mind, even in the midst of chaos, by teaching you to let go and bring awareness to every moment. In this expanded state of consciousness, you experience freedom from suffering. You

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remember your essential spiritual
nature, and life becomes more
joyful, meaningful, and carefree.

~~The 7 Spiritual Laws of Yoga~~
Chopra

In Tantric school for example, the
spiritual practice has been

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Schimman
referred to as s dhan . It
involves initiation into the school,
undergoing rituals, and achieving
moksha liberation by experiencing
union of cosmic polarities. The
Hare Krishna school emphasizes
bhakti yoga as spiritual practice.

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Through simple instruction and essential illustrations, Yoga reveals more than one hundred poses and yoga routines for all levels of ability that will slow or even reverse aging, increase stamina and strength, and slim and

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tone the body; a complete program
of meditation to promote self-
realization, decrease stress, and
promote creativity and love; yoga's
secrets of stillness and movement
that will enable you to radiate
energy and feel an inner
luminescence throughout your

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the path to inner peace with this
guidebook that combines hatha

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offers an easy-to-follow, exciting
new techniques—the first to
combine hatha yoga and
meditation—to all who are seeking

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levels of ability that will slow or
even reverse aging, increase
stamina and strength, and slim and
tone the body; a complete program
of meditation to promote self-
realization, decrease stress, and
promote creativity and love; yoga's
secrets of stillness and movement

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that will enable you to radiate
energy and feel an inner
luminescence throughout your
body; exercises ...

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About the Author Erich Schiffmann~~

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is an accomplished American Yoga Master widely known for his award-winning video, Yoga Mind & Body, featuring actress Ali MacGraw. He is the author of a bestselling book Y oga: The Spirit and Practice of Moving Into Stillness.

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Moving Into Stillness by ...~~

Yoga is a system of physical postures, breathing techniques, and meditation for attaining physical or mental control and well-being. The main goal is to unite the soul (spirit) with the body and to

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empty yourself. Yogis and people, who practice yoga speak about the spirit and how the spirit must be united with the body.

~~The danger of yoga | Salt of the earth | The hidden ...~~

“ Stillness is dynamic. It is

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unconflicted movement, life in
harmony with itself, skill in
action... "uninhibited, unconflicted
participation in the moment you
are in. " - Erich Schiffmann This
quote comes from the first chapter
of an inspiring book on yoga by
Erich Schiffmann called Yoga: The

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Satchidananda
Satchidananda

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Mantra Yoga — centering the
consciousness within through japa,
or the repetition of certain

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representing a particular aspect of
Spirit. Bhakti Yoga — all-
surrendering devotion through
which one strives to see and love
the divinity in every creature and
in everything, thus maintaining an
unceasing worship.

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of Yoga | Spirituality & Health~~

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realization, decrease stress, and
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that will enable you to radiate

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luminescence throughout your
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yoga's spiritual framework around
which you can center your life. On
the mat: Strengthen and tone your
body while quieting and focusing
your mind.

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Mind, & Spirit~~

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“ It has left the churches and the
yoga studios because it ’ s such a
simple practice, ” said Krishna Das,
61, who grew up on Long Island as
Jeff Kagel and traveled to India in
the early 1970s.

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