



Yoga The Spirit And Practice Of Moving Into Stillness: The Spirit and Practice of Moving into Stillness

By Erich Schiffmann

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Discover the path to inner peace with this guidebook that combines hatha yoga and meditation strategies from world-renowned yoga master Erich Schiffmann.

World-renowned yoga master Erich Schiffmann offers an easy-to-follow, exciting new techniques—the first to combine hatha yoga and meditation—to all who are seeking healthful beauty and inner peace.

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By Erich Schiffmann Bibliography

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Editorial Review

From the Back Cover

World-renowned yoga master Erich Schiffmann now offers an easy-to-follow, exciting new technique - the first to combine hatha yoga and meditation - to all who are seeking healthful beauty and inner peace. 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 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 body; exercises that will awaken joy, allowing you to feel good about yourself and experience happiness; and techniques for mindful breathing and conscious physical immobility to wonderfully transform your perception of yourself and your world. Discover how to feel balanced, centered, and coordinated, increase flexibility, eliminate pain, and become free of life's negativity through the spirit and practice of Yoga.

About the Author

Erich Schiffmann 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 *Yoga: The Spirit and Practice of Moving Into Stillness*.

Users Review

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Spent a free time to be fun activity to perform! A lot of people spent their sparetime with their family, or their own friends. Usually they doing activity like watching television, gonna beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Might be reading a book can be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the book untitled *Yoga The Spirit And Practice Of Moving Into Stilln: The Spirit and Practice of Moving into Stillness* can be good book to read. May be it can be best activity to you.

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