



Yoga Mind, Body & Spirit: A Return to Wholeness

By Donna Farhi

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Yoga Mind, Body & Spirit: A Return to Wholeness By Donna Farhi

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.

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Editorial Review

Amazon.com Review

As the physical practice of yoga has become popular in the West, many of the spiritual aspects have been lost. There is much more to yoga than reducing stress, increasing flexibility, looking great, and remaining youthful. Yoga is an ancient, integrated system designed to educate and unite body, mind, and spirit and teach the practitioner how to be present both on and off the mat.

In *Yoga Mind, Body & Spirit: A Return to Wholeness*, Donna Farhi, *Yoga Journal* columnist, author of *The Breathing Book*, and internationally recognized yoga teacher, shows yoga students of all levels and traditions how to use yoga as spiritual practice and a vehicle to connect body and mind.

Most of *Yoga Mind, Body & Spirit* is devoted to the *asanas* (yoga postures) and the practices of breathing and meditation. More than 240 photographs and line drawings show how to do the various poses and exercises. Postures are accompanied by benefits and effects, cautions, tips, and prenatal suggestions. Numerous inquiries are spread through the text to help the reader explore the body-mind-spirit connection. Farhi also explains what yoga is, summarizes the living principles (wise characteristics and codes for living soulfully), discusses the seven moving principles of yoga, and explores the body's organ systems. If you are ready to take your yoga practice to the next level, *Yoga Mind, Body & Spirit* is an excellent guide to help you connect with everything yoga has to offer. --*Ellen Albertson*

From Library Journal

At first glance, this book's photos and illustrations, which are just as important as the text in an exercise book, seem dated and bland. But a reading of the text and a closer examination of the illustrations reveal that what makes this yoga text different and worthwhile is the author's commitment to tying yoga's spiritual aspects to its physical components. Farhi (*The Breathing Book*) discusses the "Ten Living Principles," or the *yamas* ("wise characteristics") and the *niyamas* ("codes for living soulfully"), and also considers the importance of the *asanas* ("postures") in grounding spirituality in the body. However, Farhi does far more than provide descriptions and illustrations of postures. At the beginning of each new section, she has readers move through one or two core poses. She then asks them to focus on the way they feel physically while performing the pose. Using these core poses, she moves on to postures of greater complexity while allowing for different levels of ability. One possible problem for beginners is her use of posture names to describe poses that involve movement from one posture to the next (e.g., the sun salutation or the downward dog). Recommended for public libraries as well as academic libraries where yoga is a part of the curriculum, this may also be a worthwhile purchase for hospital or health sciences libraries.

--*Debra Mitts, Glenview P.L., IL*

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Review

"A groundbreaking presentation...This is...an offering on how to be radiantly alive and happy..." -- *Robert C. Miller, PhD.*

"There is a wealth of distilled experience contained within these pages, presented in a clear, friendly manner..." -- *Erich Schiffmann, author of Yoga: The Spirit and Practice of Moving into Stillness*

Users Review

From reader reviews:

Ann Edwards:

In this 21st one hundred year, people become competitive in most way. By being competitive right now, people have do something to make these survives, being in the middle of often the crowded place and notice simply by surrounding. One thing that occasionally many people have underestimated the item for a while is reading. Yeah, by reading a book your ability to survive improve then having chance to stand up than other is high. For you who want to start reading any book, we give you this particular Yoga Mind, Body & Spirit: A Return to Wholeness book as nice and daily reading guide. Why, because this book is greater than just a book.

Melvin Smith:

The ability that you get from Yoga Mind, Body & Spirit: A Return to Wholeness is the more deep you looking the information that hide inside words the more you get enthusiastic about reading it. It does not mean that this book is hard to understand but Yoga Mind, Body & Spirit: A Return to Wholeness giving you joy feeling of reading. The article writer conveys their point in specific way that can be understood by simply anyone who read it because the author of this guide is well-known enough. This kind of book also makes your personal vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this Yoga Mind, Body & Spirit: A Return to Wholeness instantly.

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