



## Advanced Yoga Practices - Easy Lessons for Ecstatic Living, Volume 2 (Paperback)

By Yogani

Ayp Publishing, United States, 2010. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. FROM THE BACK COVER OF THE PAPERBACK EDITION: Yoga opens the doorway between our outer and inner reality, leading us to Oneness and Joy in all aspects of life. Our nervous system is the doorway. Advanced Yoga Practices (AYP), Volume 2 refines and enhances the core practices presented in the first volume, and provides plain English instructions for new practices designed to cultivate middle and end stage development on the path of human spiritual transformation. Additional practices include advanced applications of samyama, diet, shatkarmas, amaroli, non-dual self-inquiry, bhakti and karma yoga, and a variety of approaches for building and managing a progressive and stable practice routine. Volume 2 does not stand alone, relying on the first volume as a foundation, and building on it. There are nearly 200 additional lessons here for assisting the serious practitioner to realize a life filled with abiding inner silence, ecstatic bliss, outpouring divine love, and unity. What readers are saying as they make use of the AYP lessons: It s...



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