



Advanced Yoga Practice

Xiang Xie



Advanced Yoga Practice:

Advanced Yoga Practices - Easy Lessons for Ecstatic Living Yogani, 2012-08-01 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 almost a science You do the practices and progress as predicted MA As a physician it is moving to see the effects on medical conditions KC I will be adding AYP to my class offerings to cover the whole of yoga MR Far above and beyond all other yoga writings I have encountered KG A growing inquiry in stillness has taken me to new levels CL Especially useful for stabilizing my kundalini awakening SR The tantra techniques bring great pleasure into our lives ZA This approach includes a deep tolerance of other paths AN Thank you for being the one who said The guru is in you KK For more reader feedback see the last section in the book *Advanced Yoga Practices Support Forum Posts of Yogani, 2005-2010* Yogani, 2011-01-10 A large eBook containing all AYP Support Forum posts by Yogani over a six year period About 2 000 posts are included providing extensive commentary on spiritual practices and experiences in Q A mode supplementing the AYP instruction books Links to all posts forum topics and referenced sources are included *Advanced Yoga Practices - Easy Lessons for Ecstatic Living* Yogani, 2004-12 The premise of Yoga is simple There is an outer reality and an inner one and our nervous system is the doorway between them Effective Yoga practices stimulate and open that doorway The result Peace creativity happiness and a steady rise of ecstatic bliss radiating from within us Advanced Yoga Practices AYP brings together the most effective methods of Yoga in a flexible integrated system that anyone can use Instructions are given in plain English for deep meditation spinal breathing pranayama bodily manipulations asanas mudras and bandhas tantric sexual practices and other methods that are systematically applied to swing open the door of our nervous system to permanent higher experience This is a non sectarian approach that is compatible with any belief system or religious background There are over 240 easy to follow lessons here including many hands on questions and answers between Yoga practitioners and the author Whether you are a beginner or a veteran in Yoga the AYP lessons can serve as a useful resource as you travel along your chosen path What readers are saying about the AYP lessons I searched for years to find a method of meditation that I can do This is do able AN I ve learned more about yoga in 4 months than in the previous 30 years of study SL This is a very valuable

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