

More and more of us than ever are practicing Yoga in studios, gyms, at home, and on retreats.... but what happens when we leave the tranquillity of the Yoga mat and step back in to every-day life? So much more than just a physical practice, Yoga offers us a way to lead a more positive, healthy, meaningful and engaged life. This book takes the ancient teachings of Patanjali's Yoga Sutras – often the first book on Yoga teacher training reading lists – and demystifies them, showing how we can bring these lessons into our every-day modern lives. Rather than squeezing yoga into your daily schedule in an hour on the mat, Ancient Yoga Wisdom For Modern Yogis shines a light on how to make this practice part of your life, by living your Yoga, not just doing it. The perfect book for anyone looking to learn more about the many layers of Yoga, as well as for those who are yet to brave their first class! You don't have to be a 'yogi' to appreciate what a profound difference these lessons can make to our lives.... Also a great read for teachers wanting to effectively communicate these ancient sutras to their students.

Early Christian Doctrines, Coping with Adversity: Judaisms Response to Illness and Other Life Struggles, 7 Days in the Fire, As You Tithe, So You Prosper, Growing in Wisdom: Called to the Adventure of College,

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