



Yoga: 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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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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