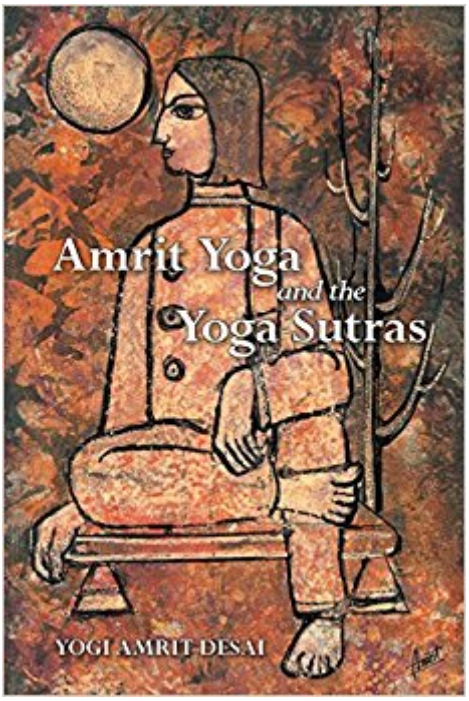
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Amrit Yoga And The Yoga Sutras



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Synopsis

Yogi Amrit Desai, one of the earliest pioneers of yoga in this country, began teaching in 1960. Out of the Kundalini awakening he experienced in 1970, Yogi Desai developed a spiritual dimension to the practice of Hatha Yoga and named it Kripalu Yoga in honor of his guru, Swami Sri Kripalvanandji. Today, more than 5,000 yoga teachers are certified in the methodology he developed. A prolific author, his books include Kripalu Yoga: Meditation in Motion, Book I and II and Amrit Yoga, and the upcoming Love & Bliss, a book of inspirational poetry for daily living, also available on CD, read by Yogi Desai.

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Customer Reviews

Best written book about yoga that I have read! Love it!

As both a yoga teacher and practitioner I love this book. It is vast in scope, yet clear and precise in offering the deepest level of yogic teachings. Any student of yoga should read this in order to get a plain-English understanding of the Yoga Sutras and learn how these 4,000+ year old teachings remain relevant today. The book also offers a close look at the practice of Amrit Yoga and shows how this practice brings forth the teachings of Pantanjali in practical ways. Indeed these teachings can be applied not only on a yoga mat, but in everyday situations, which is truly the mark of yoga - to bring into alignment, into union, a mindful attention and meditative awareness that serves you in all areas of life. Enjoy.Bill Eager

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