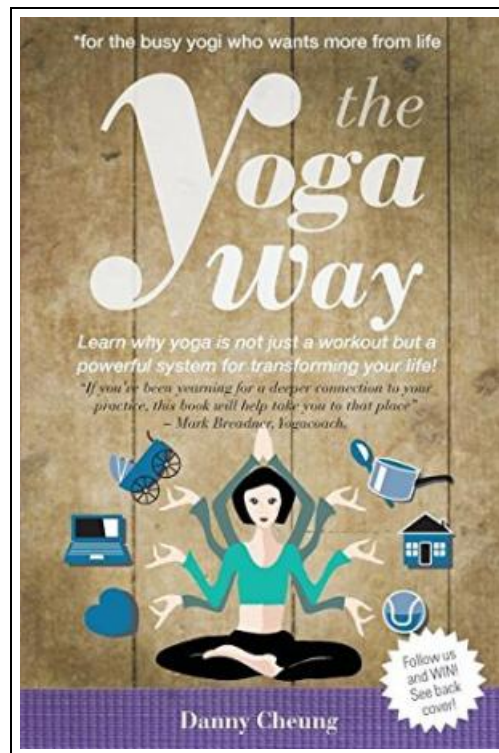


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Reviews

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(Damian Poulos)

THE YOGA WAY: LEARN WHY YOGA IS NOT JUST A WORKOUT BUT A POWERFUL SYSTEM FOR TRANSFORMING YOUR LIFE

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Artspec, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Yoga isn't (just) a workout. It's a complete lifestyle philosophy. Danny Cheung, a yoga teacher, studio owner and practitioner of fifteen years, has transformed his life from a Groundhog Day existence - lurching from one triumph or disaster to the next - to a life with greater purpose, control, emotional stability, and happiness. Isn't that what we all seek? Danny was initially absorbed in the physical practice of yoga known as asana, not realizing that yoga offered a complete pathway to enlightenment. Danny searched for a deeper understanding of life through other sources: the teachings of ancient Eastern religions and modern day spiritual masters. His efforts waxed and waned over the years until life began to get in the way - marriage, children, business, and attachments added layers of resistance that dimmed the light within. He lapsed into the traditional belief that the more he could achieve in life, the happier he would be. The exact opposite happened! The harder he worked, the more anxious and unhappy he became. Warily coping with the ups and downs of chasing the next milestone, Danny lost sight of what he truly valued in life. Then two life-changing events occurred: a near fatal illness which had his life hanging by a thread, combined with an awful year that saw him lose a once-thriving business. These cataclysmic events reignited Danny's longing for self-awareness. After qualifying as a yoga teacher, Danny felt compelled to make sense of the ancient system of yoga for his own sake and in the hope of helping others access it. This led Danny to uncover the 8 key insights that make up The Yoga...



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