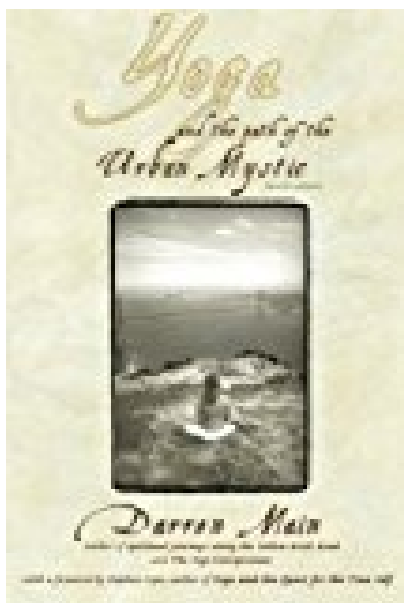


Yoga and the Path of the Urban Mystic 4th Edition



BOOK DETAILS

- Author : Darren Main
- Pages : 260 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1499118597



BOOK SYNOPSIS

The Mystics in ancient India did not create yoga with our busy modern lives in mind. In fact, yoga was originally developed for people who would renounce the world. Therefore, learning to look at yoga in a new way is essential. In *Yoga and the Path of the Urban Mystic*, Darren Main explores the time-tested practice and philosophy in a new way. By using modern examples from more than a decade of experience with this ancient practice, Darren brings the principles of yoga into clear focus, making them user-friendly for yogis living in the modern world.

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