



Sun, Moon and Earth (Paperback)

By Mas Vidal

LOTUS PRESS, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Sun, Moon and Earth tells the story of the twin sciences of yoga and Ayurveda. Weaving in the author's long professional and personal experience as a yoga teacher and Ayurveda practitioner, it explores how these traditions can be integrated into our lives as a practical means for balanced living and spiritual evolution. It is written for the growing audience of hatha yogis interested both in asana or postural yoga and a more conscious, Ayurvedic lifestyle. The book's historical sections look at the current reunion of these wrongly separated traditions and introduce readers to popular themes pertinent to the modern urban lifestyle, such as detoxification, individualized diet, and essential practices for healing mind-body fragmentation. Overall, the book presents yoga and Ayurveda as balanced solutions to the current global health epidemic and basic human dilemma of longing for spiritual purpose or dharma. Sun, Moon and Earth contends that, if you practice yoga dharma and embrace the lifestyle wisdom of Ayurveda, improving the mind-body relationship, the Divine will take care of the rest.



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Reviews

It is one of my personal favorite publications. Indeed, it is actually perfect, still an amazing and interesting literature. It has been printed in an exceptionally easy way which is merely soon after I finished reading this book where it really altered me, changed the way I believe.

-- **Neal Homenick IV**

The ebook is simple to go through better to fully grasp. It is actually really exciting through reading through period. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Alexander Jacobi**

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Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 207 x 138 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



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McGraw-Hill Education - Europe, United States, 2013. Paperback. Book Condition: New. 5th. 206 x 137 mm. Language: English . Brand New Book. Respected for its thorough research, comprehensive coverage, and clear, readable style, America s Longest War explores the origins of the...



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Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. When spring comes, a baby calf gray whale and his mother head north to find food-all the way from Mexico to...



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