

Anusara Immersion Manual

My Body Is A TempleAnusara YogaYoga JournalYoga JournalThe Aquarian Teacher Yoga ManualSafe Yoga School Advanced StudiesAnusara Yoga Christina Sell John
Friend Kundalini Research Institute Troy A Cox Doug Keller
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with the freshness of a memoir author and yoga teacher christina sell draws upon her first visit to an extraordinary temple in southern india to present basic principles of yoga beyond the ordinary aims of yoga as a means of stretching and strengthening or even for being happier or more centered my body is a temple is an instruction manual for dedicating oneself to a life of the spirit in and through the vehicle of the human body the body as a temple is a common metaphor within many spiritual traditions in this book christina sell delves into the how and why of this widely accepted comparison my body is a temple will encourage readers to listen to and honor the body and to enter more fully into their everyday lives to see that each activity contains a divine blueprint for success it will help any yoga student to reclaim the raw materials and energy always already present to build his or her body as a temple to provide refuge and sanctuary for themselves and inspiration for others while the author s tradition is that of anusara yoga a strongly heart centered approach the book is written for any hatha yoga aspirant or practitioner her commitment is to traditional yogic practices and ideals without being rigid my body is a temple is a vital and realistic treatment about the process of human change and transformation beyond fitness yoga is a means of self honoring and spiritual transformation this book will be well used by both students and teachers of yoga it should be included in all yoga and fitness centers and in popular library collections

for more than 30 years yoga journal has been helping readers achieve the balance and well being they seek in their everyday lives with every issue yoga journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds we are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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300 hour yoga teacher training manual advanced hatha tantric kundalini the total engagement concept take your yoga teaching and personal practice to new depths with this advanced 300 hour training manual blending classical wisdom with modern teaching methods this guide integrates the hatha yoga pradiipika and tantric kundalini teachings into a transformative journey of asana pranayama meditation and sequencing designed for teachers who have completed a 200 hour foundation this training explores advanced postures chakra cleansing techniques and meditation practices that bring a new dimension of awareness into every movement with safe yoga school's total engagement concept the concept each posture becomes more than a shape it becomes a complete activation of body mind energy and spirit inside this manual you will discover advanced asana and sequencing methods to refine your teaching chakra focused breathwork and meditations woven into key postures tantric kundalini practices for deeper awareness and transformation the concept method to activate postures with full engagement safety first tools for guiding students through advanced practice unlike many generic training guides this manual doesn't just give you lists of poses and scripts instead it shows you how to think teach and embody yoga as a living practice you'll learn how to structure classes that flow intelligently adapt advanced techniques for different student levels and incorporate meditation and energetic alignment into every session this is where sequencing evolves into artistry and teaching becomes a transmission not just instruction the tantric kundalini material is presented in a grounded and accessible way focusing on practices that clear the chakras strengthen the nervous system and invite deeper states of meditation without bypassing safety the hatha yoga pradiipika is explored not as a dusty relic but as a living manual of yogic wisdom reinterpreted through modern anatomy and safe yoga school's safety first lens together these traditions create a framework where posture breath and energy merge into an authentic advanced practice a defining feature of this training is the total engagement concept the concept developed through years of teaching and refinement this unique method teaches you how to bring your full presence into every posture mentally physically energetically and spiritually by learning to activate postures from the inside out you'll transform not only your practice but the way you guide others whether your goal is to expand your professional teaching career go deeper into your own practice or integrate more meditation and breathwork into your classes this manual will meet you where you are and help you grow and to ensure that you are never left alone with the material every purchase of this manual comes with a complimentary one hour private consultation with author troy cox simply email him with your proof of purchase and you'll be able to ask questions clarify techniques or receive personal guidance on how to apply the teachings in your practice or classroom this one on one support sets this manual apart from anything else on the market about the author troy cox founder of safe yoga school has been training safe and effective yoga teachers since 2011 with over 20 years of experience in yoga fitness and wellness troy brings together ancient wisdom and modern methodology to create trainings that are both transformative and grounded in safety training safe yoga teachers since 2011

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