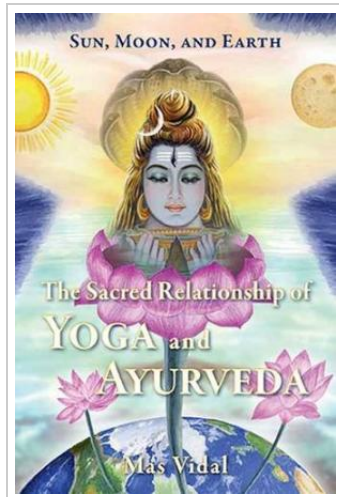




Sun, Moon and Earth (Paperback)

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 yoga 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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