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Stressful life Vs Abundant life: Yoga in a Samurai way Dr Sridevi K.J.Sharmirajan, Discover a powerful synthesis of yoga and the Bushido code that will lead you on a transformative journey of self discovery personal growth and well being Through this book you will learn to cultivate physical strength mental clarity emotional resilience and a deep connection with yourself and the world This book will Explore the powerful synergy between yoga and the samurai s Bushido code Equip you with the tools to embody the virtues of the Bushido code fostering harmony and balance in your life Embody the virtues of the samurai while embracing the wisdom of yoga Included in this book An introduction to the physical mental and spiritual aspects of yoga and the Bushido code Practical exercises to help cultivate physical strength mental clarity and emotional resilience Guidance on how to integrate the teachings of yoga and the Bushido code into your daily life Take charge of your well being and embark on a transformative path of self discovery This book provides the tools and insights to help you cultivate a life lived with purpose integrity and a profound sense of peace Step onto the path of the samurai warrior and discover the transformative power of uniting yoga and the Bushido code and change your stressful life into an abundant life **Yoga**

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Practical Yoga ,1927 *Yoga and the Quest for the True Self* Stephen Cope,1999 Millions of Americans know yoga as a superb form of exercise and as a potent source of calm in the midst of our stress filled lives Far fewer are aware of the full promise of yoga as the way of the fully alive human being a 4 000 year old practical path of liberation that fits the needs of modern Western seekers with startling precision Now one of America s leading scholars of yoga psychology who is also a Western trained psychotherapist offers this marvelously lively and personal account of an ancient tradition that promises the soul awake in this lifetime Drawing on the vivid stories of practitioners at the largest yoga center in America where he has lived and taught for more than ten years Stephen Cope describes the philosophy psychology and practice of yoga a practical science of development that urges us not to transcend or dissolve the self but rather to encounter it more deeply In this irreverent modern day Pilgrim s Progress Cope introduces us to an unforgettable cast of contemporary seekers on the road to enlightenment carrying all the baggage of the human condition confusion loss disappointment addiction and the eternal conflicts around sex and relationship As he describes the subtle shifts of energy and consciousness that happen at each stage of the path we discover that in yoga liberation does not require us to leave life in the world for some transcendent spiritual plane Life itself is the path Above all Cope shows how yoga can heal the suffering of self estrangement that pervades our society leading us to a new sense of purpose and to a deeper more satisfying life in the world **The Equinox** ,1910

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