



Transforming Self Through Yoga: Getting More than Exercise from an Ancient Spiritual Practice

By Tom Pilarzyk

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2011. Softcover. Book Condition: New. First Edition. Yoga beyond Fitness offers a bridge to yoga's serious meaning for the millions who use it for exercise but want more. It traces America's love affair with yoga while offering an overview of diverse teachings. Through its colorful stories of ordinary people, we, too, can learn to embrace yoga's underlying promise-which extends far beyond a flatter abdomen in helping us live with deeper purpose, greater awareness, and even a bit more grace. Printed Pages: 287.



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