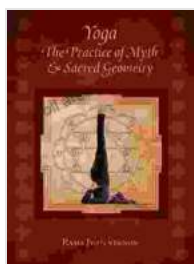


# Yoga: The Practice of Myth and Sacred Geometry

Yoga is an ancient practice that has been passed down through generations. It is a system of physical, mental, and spiritual disciplines that aims to bring about union between the individual and the divine. Yoga has its roots in Hinduism, but it has also been adopted by other religions and cultures around the world.



## Yoga: The Practice of Myth & Sacred Geometry

by Rama Jyoti Vernon

★★★★☆ 4.7 out of 5

Language : English

File size : 5268 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 264 pages



One of the most fascinating aspects of yoga is its connection to myth and sacred geometry. Many of the poses and sequences in yoga are based on ancient myths and legends. For example, the Sun Salutation is said to represent the journey of the sun across the sky. The Tree Pose is said to represent the connection between heaven and earth. And the Lotus Pose is said to represent the state of enlightenment.

Sacred geometry is another important aspect of yoga. Sacred geometry is the study of the geometric patterns found in nature. These patterns are believed to have spiritual significance, and they are often used in yoga to create a sense of balance and harmony.

The book *Yoga: The Practice of Myth and Sacred Geometry* explores the deep connections between these two aspects of yoga. Through a combination of personal anecdotes, scholarly research, and stunning photography, this book offers a unique and immersive journey into the heart of yoga.

## **The Author**

The author of *Yoga: The Practice of Myth and Sacred Geometry* is Sarah Powers. Sarah is a world-renowned yoga teacher and author. She has been practicing yoga for over 30 years, and she has taught yoga to thousands of students around the world.

Sarah's passion for yoga is evident in her writing. She writes with a deep understanding of the practice, and she has a gift for making complex concepts accessible to a wide audience.

## **The Book**

*Yoga: The Practice of Myth and Sacred Geometry* is a beautifully written and illustrated book that explores the deep connections between yoga, myth, and sacred geometry. The book is divided into three parts:

- 1. Part One: The Myth of Yoga**

In this part, Sarah explores the mythological roots of yoga. She discusses the different myths and legends that have influenced the development of yoga, and she shows how these myths can be used to deepen our understanding of the practice.

## 2. **Part Two: The Sacred Geometry of Yoga**

In this part, Sarah explores the sacred geometry of yoga. She discusses the geometric patterns that are found in the human body and in nature, and she shows how these patterns can be used to create a sense of balance and harmony in our lives.

## 3. **Part Three: The Practice of Yoga**

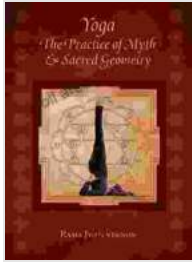
In this part, Sarah provides a practical guide to the practice of yoga. She offers instructions for a variety of yoga poses and sequences, and she shows how these poses and sequences can be used to achieve physical, mental, and spiritual well-being.

*Yoga: The Practice of Myth and Sacred Geometry* is a valuable resource for anyone who is interested in deepening their understanding of yoga. The book is beautifully written, and it is filled with insights and practical advice. I highly recommend it to both experienced yoga practitioners and beginners alike.

### **Free Download Your Copy Today**

*Yoga: The Practice of Myth and Sacred Geometry* is available now at Our Book Library.com and other major booksellers.

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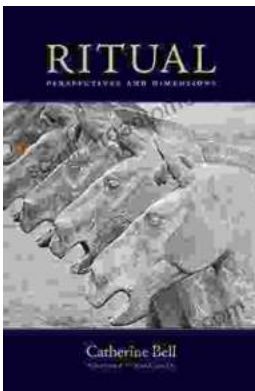


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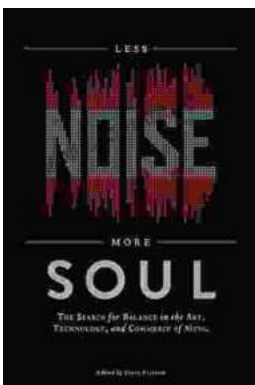
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