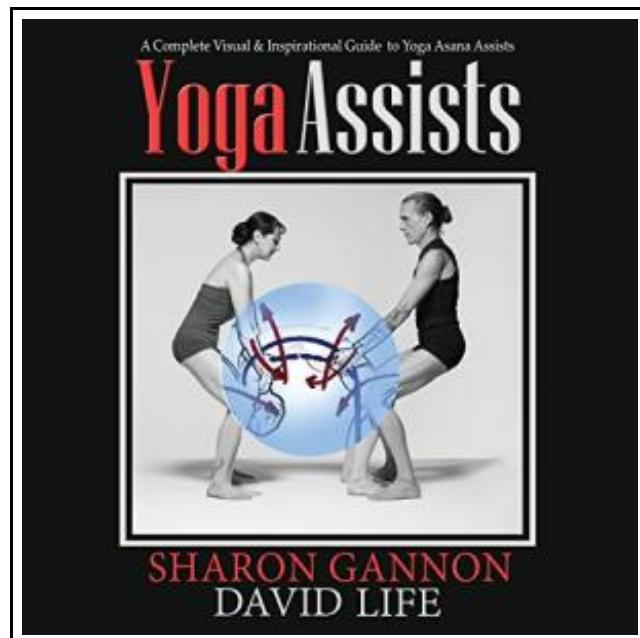


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Booklocker Inc., US, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. The founders of Jivamukti Yoga outline the fundamental principles of the assist, and how to apply them in practice and service to others. The benefits of both giving and receiving an assist--the extraordinary mind/body/spirit connection between yoga teacher and student--depend on knowing what an assist is, and fully understanding the method of Jivamukti itself. Though corrections --with teachers who fixed students mistakes--had evolved to adjustments, the world-renowned founders of the Jivamukti Yoga method recognized this still suggested that changes to one's technique were necessary. In this book, they use assist to communicate the idea of two beings interacting on various levels of consciousness to bring into focus the five central tenets of Jivamukti: Shastra (or scripture), devotion, nonviolence, music, and meditation. From cultivating trust and patience to final relaxation and massage, this step-by-step, fully illustrated guide--featuring dozens of asanas--explores the giving of yoga as an art, a flowing dance of body, breath, and energy between two connected beings. Whether we receive or give, an assist is an active process in the resolution of a relationship between teacher and student, a microcosm of the flowing interrelation among all people, and all species.



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