



Doubles Yoga

Vālmiki



Doubles Yoga:

Partner Yoga Cain Carroll, Lori Kimata, 2000 Demonstrates sixty postures and three yoga flows designed to help couples develop balance strength flexibility trust and communication **Yoga, Or, Transformation** William Joseph Flagg, 1898
Lectures on Jñāna Yoga Swami Vivekananda, 1902 **The Yoga-system of Patañjali** Patañjali, 1914 *The Yoga-vásishtha-maháramáyana of Vālmiki* Vālmiki, 1891 The Joy of Partner Yoga Mishabae Edmond, 2004 Share the joys of yoga and increase the benefits The familiar postures of Hatha Yoga have renewed power and effectiveness when partners work together Though all the asanas are touched upon this comprehensive holistic program charts new ground in looking at a joint practice There are creative interpretations for two of yogic breathing symbolic hand gestures mantras and vinyasas those special flowing sequences of poses For a restorative and healing workout one person goes into repose while the other applies leans stretches twists and compressions Special advice on the art of partnering reveals how to create a positive safe and nurturing environment In all the exchanges the mutual support helps both people work better and improve alignment Special black and white symbols representing each partner make directions easy to follow **Lectures on Hindu Religion, Philosophy and Yoga** Kshitish Chandra Chakravarti, 1893 *The Yoga-darśana* Patañjali, 1907 **Yoga of Perfect Sight** Raghur Saran Agarwal, 1971 Practical Yoga ,1927 *Yoga System of Study* Yoga Hari Rama, 1926 The Six Systems of Indian Philosophy Friedrich Max Müller, 1912 **Canadian Books in Print** ,2001 *The Yoga Philosophy* Patañjali, 1885 Aphoristic work on the meditational fundamentals of the Yoga school of Indic philosophy **Rāja Yoga** Bhāratīrtha, Śaṅkarācārya, Manilal Nabhubhai Divedi, 1890 **The Psychology of Religious Mysticism** James Henry Leuba, 1929 This classic study examines a problem that stands at the heart of society How does a child distinguish between right and wrong Professor Piaget and his colleagues begin their investigation by analyzing the rules of the game in this case a seemingly simple game of marbles as handed down from one group of children to another They observe the child s total acceptance of the consensus rules and describe the moral pressure of the group on the individual Piaget proceeds to an analysis of lying cheating adult authority punishment and responsibility noting and evaluating the changing attitudes of growing children toward these moral realities The book concludes with a comparison of the findings of this significant study with those theories in social psychology and sociology that bear directly on the moral development of the child *Yoga & Pilates for Everyone* Françoise Barbira Freedman, Bel Gibbs, Doriel Hall, Emily Kelly, Jonathan Monks, Judy Smith, 2005 Comprehensive sourcebook of yoga and pilates exercises to tone and strengthen the body with 1500 step by step photographs Amazon com The Hindu System of Self-culture of the Patanjala Yoga Shastra Kishori Lal Sarkar, 1902
The Yoga Aphorisms of Patanjali Patañjali, 1881 **A Series of Lessons in Gnani Yoga : (the Yoga of Wisdom)** William Walker Atkinson, 1917

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