



# Yoga for Body, Breath & Mind

*A. G. Mohan*

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## Yoga for Body, Breath & Mind A. G. Mohan

Here is a practical and accessible introduction to the full, multifaceted richness of the yoga tradition. While most yoga books focus only on poses, *Yoga for Body, Breath, and Mind* integrates the three fundamental elements of a complete yoga practice: *asanas* (poses), *pranayama* (breathing practices), and meditation. A. G. Mohan, an internationally respected teacher, also explains essential philosophical concepts and offers the yogic perspective on health and healing. With step-by-step instructions and abundant illustrations, *Yoga for Body, Breath, and Mind* is the type of comprehensive guide that will be of interest to every yoga practitioner.

The author explains that often when we feel stress or a sense that life has gotten out of control, it's not because of life events themselves, but because the state of our own mind has become chaotic and fragmented. When we are in a state of what he calls "personal integration," we are centered, contented, and able to see people and events in life as they truly are. In this state, people are most able to make decisions and take actions that are clear and positive. In *Yoga for Body, Breath, and Mind* Mohan provides a structured yoga program to help readers cultivate this state of balance and integration. The book also includes an introduction to the practice of yoga therapy.

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