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Astrology Yoga: Cosmic Cycles of Transformation (Paperback)

By Mehtab Benton

Bookshelf Press, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Astrology Yoga: Cosmic Cycles of Transformation is the first comprehensive book on the practice of Yoga using the ancient science of Vedic Astrology, or Jyotish. Written for yoga practitioners with a limited knowledge of astrology, Astrology Yoga explains the dynamic relationship between these two ancient Vedic sciences. You will learn about your yogic Sun sign and Moon sign, the specific karmic issues in your life, the most appropriate yoga practices based on your birth date, and the most beneficial times to do your yoga practices. Astrology and Yoga are explained in connection with the chakras, the nadis (energy channels), the koshas (levels of existence), and Patanjali's Eight Limbs of Yoga. The major yoga practices of asanas, pranayamas, mudras, mantras and meditations are correlated with your astrological makeup so you can discover which techniques are best for you. Mehtab Benton is a life-long practitioner and teacher of Yoga and a certified Vedic astrologer. He has trained hundreds of yoga teachers and given astrological readings to spiritual seekers worldwide. He is the author of Gong Yoga: Healing and Enlightenment through Sound.



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