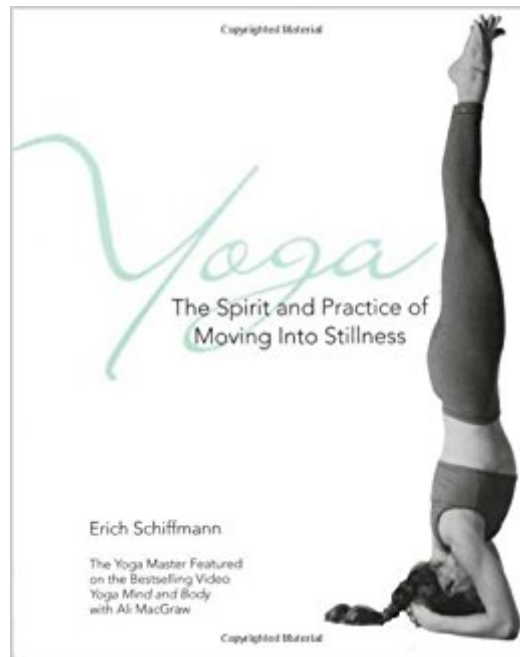




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# **Yoga: The Spirit And Practice Of Moving Into Stillness**



## Synopsis

Discover the path to inner peace with this guidebook that combines hatha yoga and meditation strategies from world-renowned yoga master Erich Schiffmann. World-renowned yoga master Erich Schiffmann offers an easy-to-follow, exciting new techniquesâthe first to combine hatha yoga and meditationâto all who are seeking healthful beauty and inner peace.

## Book Information

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## Customer Reviews

World-renowned yoga master Erich Schiffmann now offers an easy-to-follow, exciting new technique - the first to combine hatha yoga and meditation - to all who are seeking healthful beauty and inner peace. Through simple instruction and essential illustrations, Yoga reveals more than one hundred poses and yoga routines for all levels of ability that will slow or even reverse aging, increase stamina and strength, and slim and tone the body; a complete program of meditation to promote self-realization, decrease stress, and promote creativity and love; yoga's secrets of stillness and movement that will enable you to radiate energy and feel an inner luminescence throughout your body; exercises that will awaken joy, allowing you to feel good about yourself and experience happiness; and techniques for mindful breathing and conscious physical immobility to wonderfully transform your perception of yourself and your world. Discover how to feel balanced, centered, and coordinated, increase flexibility, eliminate pain, and become free of life's negativity through the spirit and practice of Yoga.

Erich Schiffmann is an accomplished American Yoga Master widely known for his award-winning

video, Yoga Mind & Body, featuring actress Ali MacGraw. He is the author of a bestselling book Yoga: The Spirit and Practice of Moving Into Stillness.

This book is excellent for a number of reasons. The detailed descriptions of how to do the postures are wonderful. There are excellent hints for progressing through difficult postures, including some really helpful exercises for helping you get your hip joints in shape to do the lotus pose. Erich really understands how the different poses affect the physical body and the energy field, and imparts this knowledge clearly and eloquently. There is a whole section on breathing with the postures which I've not seen done so well in any other book. Also, he explains his concept of "lines of energy" which really bring the postures alive. A line of energy is a directional path of force that moves through your body during a pose. For instance, when you are doing the Mountain (basic standing) pose, you allow two lines of energy to develop: one which starts at the navel and runs down through your legs and feet, anchoring you down into the earth; the other lifting you from the navel upwards through the crown of your head. Understanding these lines helps the practitioner to experience each pose as a way of reorienting one's energy, rather than just a set of muscle stretches. Perhaps Erich's greatest contribution to the yoga literature is his way of explaining how asana practice goes with meditation practice. Before, I was never sure how asanas fit in with the rest of yoga practice. Now I understand a lot better. I found Erich's spiritual writings very unpretentious and inspiring. The meditation exercises are wonderful both for beginners as well as people who've been meditating for a while. This is a wonderful book from a teacher who knows his subject well and who seems to have a truly open heart. I would love to take a class from him someday.

I bought the book years ago when I came across Erich Schiffmann's site where he had extracts to read and also a forum where it was possible to interact with other yogis, who were either current students or had been at some time, and with Erich himself. As a beginner, I found the book a wonderful read and a truly amazing introduction to delving into what yoga was really all about. Since then, even though I have acquired a large number of books on yoga, I still think this is the most informative book on how to live and practice yoga without having to study all the yogic texts (I am not dissing those! I have studied them, with the Bhagavad Gita winning a special place in my heart thanks to our wonderful yoga TT teacher). All these years later, I still love to re-read and dip into Moving Into Stillness and now have it on my kindle so I can take it everywhere with me.

Great book to learn yoga. I am a beginner and I started out using videos that felt more like a

workout. I wanted to learn more about yoga than I was getting from my videos. This book provided that. Explaining the finer details without boring the reader to death is difficult but the author holds your attention while explaining the subtleties of yoga. I really enjoyed this book and using it to develop my practice. If you want to learn the essence of yoga then read this book.

I teach yoga and I love this book. Many fine yogis write books on how to get into a pose and what to get out of it. If you tried to explain it yourself you would quickly realize how difficult it is! Every body is different, each person comes to yoga with unique strengths, weaknesses, injuries, and mental "stuff" so how do you teach them a pose? And what is it supposed to look like? Few of us can hope to end up on the cover of Yoga Journal. Just about anyone though, can benefit from a thoughtful yoga practice. Teacher or self-teacher you'll find the "steps" or modifications offered for poses useful. Even if you have no problem with a simple forward fold, do yourself a favor and start with the "step one" version. By the time you ease into the full forward fold you'll be in the pose like you never experienced it before! I love that. One reviewer took issue with the cover photo. The person inside the book is a pony tailed man, the reviewer complained, not the attractive looking woman. Well that's just silly isn't it? I think the guy in the book is the author! But even if he isn't, the man in the photos is executing the asana in such a clear manner it's like awesome. This book's great strength is that it will show you how to be your own teacher.

I am impressed by the author's clear descriptions of numerous postures and step-by-step instructions on execution. I have wanted a book that could help me grow beyond what I usually do in group classes, a guide to more fully developing asanas. The text and photo illustrations are smoothly integrated. Also, Shiffmann thoughtfully, and convincingly, explains how yoga practice can facilitate self awareness and finding the best personal path in daily life. My copy is already dogeared from use and will be a permanent reference.

This book is a must for any yoga or meditation practitioner. I am well versed in many of the eastern spiritual practices and can clearly say that the author has grasped and conveyed the essence of yoga in this book! Most of the books in the market just made yoga as some physical exercise and use so many terms like this yoga, that yoga etc for marketing. Amongst those, this is a gem and I highly recommend this book. If you are reading this, just get a copy and it will make a big difference in your yogic and spiritual life!

this is the third copy i have bought to give to a friend.i am a yoga and meditation teacher. i also suggest erichs book to my students. i really think you can put all other yoga books aside and i really like many of them, but the way erich writes you can feel the poses.the last chapter on meditation is the very best.read every word and go out into the world and do every word.this is the only meditation book you will need. you can relate so simply to his real approach. i think he should publish the meditation chapter on its own.

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