

Yoga and the Path of the Urban Mystic: 4th Edition

By Darren Main

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For modern yogis feeling challenged in our efforts to remain deeply spiritual, contemplative, and centered amid the stresses and complications of urban life, this book serves as both inspiration and guide. Darren Main's fresh, down-to-earth approach to the time-tested practice and philosophy of yoga shows us the way to apply the ancient wisdom of India to every moment and every breath so that even our busiest days can be powerful and mystical adventures, filled with all the wonder and magic that was once reserved for those living as monks and nuns. Yoga for the twenty-first century, this is the fulfilling and joyful path of the urban mystic.

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Editorial Review

Review
A Practical , easy to read road map to becoming and Urban Mystic. -- — *Gerald G. Jampolsky, M.D. Author of Shortcuts to God and Love is Letting Go of Fear*

Darren John Main has given us a wonderful doorway into the potentially complex world of raja yoga. -- —*Stephen Cope, author of 'Yoga and the Quest for the True Self'*

You will enjoy this book. -- —*Judith Hanson Lasater, Ph.D., physical therapist, international yoga teacher and author of 'Relax and Renew' and 'Living Your Yoga'.*

[Darren] gives us a how-to book on yoga which offers us ways to transform the mundane into the mystical. -- —*Sharon Gannon, co-creator of Jivamukti Yoga*

From the Author
Living the practice of yoga in our modern world is no small task. The world is organized in such a fashion that living a spiritual life is an up hill battle. Yet today more than ever we need mystical techniques such as yoga to help us find inner peace and heal the world. It is my hope that 'Yoga and the Path of the Urban Mystic' will help you find the natural balance that exists within all beings. -- Darren John Main, darrenmain.com

About the Author
Darren Main is a yoga and meditation instructor and author. His books include Yoga and the Path of the Urban Mystic, Spiritual Journeys along the Yellow Brick Road, Inner Tranquility, The Yogi Entrepreneur and Hearts and Minds: Talking to Christians about Homosexuality. He facilitates workshops and gives talks on yoga and modern spirituality throughout the United States and abroad and is the host of the internationally syndicated podcast Inquire Within and is teaches Yoga on the Labyrinth inside San Francisco’s iconic Grace Cathedral. He currently resides in Northern California with his son Jaden.

Users Review

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Betty Casas:

Why? Because this Yoga and the Path of the Urban Mystic: 4th Edition is an unordinary book that the inside of the book waiting for you to snap the item but latter it will zap you with the secret the idea inside. Reading this book adjacent to it was fantastic author who also write the book in such incredible way makes the content on the inside easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you because of not hesitating having this any more or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have got such as help improving your talent and your critical thinking method. So , still want to hold off having that book? If I had been you I will go to the reserve store hurriedly.

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