

Yoga: The Iyengar Way, Part II: Revised and Expanded Edition

By Shyam Mehta

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Yoga is a personal journey to find God. Others can give you advice. It is not to do with worshiping a guru or swami or following a pack in an ashram.

Here are some things that happen if you do yoga without listening to God:
•Yoga exercises destroy your sex drive
•Yogic breathing techniques destroy your ability to think
•Yogic meditation makes you dull and eventually you become mad.
The health benefits of doing yoga (which I also discuss) are offset in later life by a deterioration.
The true purpose of doing yoga is to awaken your Kundalini energy. It is for this reason that everyone should practice yoga.

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