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How Yoga Works : Healing Yourself and Others With The Yoga Sutra, Paperback by Roach, Geshe Michael; McNally, Christie, ISBN 0976546906, ISBN-13 9780976546900, Brand New, Free P&P in the UK The secrets of how yoga works to make us truly whole are revealed here in a delightful story based on how these precious teachings reached Tibet from their home in India, over a thousand years ago.

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How Yoga Works is a demonstration of the power of the Yoga Sutras to heal and transform, using an unbound historical setting and improbable circumstances for illustration. Using simple terms such as “ channels ” for nadis and “ choke points ” for chakras, the story brings ancient teachings to life in moments of chilling insight, although much of the writing in between those moments is filled with halting dialogue and cartoonish episodes.

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How Yoga Works. 4.18 (1,730 ratings by Goodreads) Paperback. English. By (author) Geshe Michael Roach. Share. The Yoga Sutra is the great motherbook of

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all the yoga works ever written; it was composed by the Indian master Patanjali some 2,000 years ago. The Sanskrit text is written in 210 brief, cryptic verses whose meaning has long ago sunk into darkness; the many, confusing modern attempts to explain them bear little resemblance to each other, which is just a sign of how difficult this ...

~~How Yoga Works : Geshe Michael Roach : 9780976546900~~

Yoga is meant to provide an outlet to relieve stress both physically and mentally. This can be done in many different ways: from postures, to meditation, to overall changing your outlook on life. The physical postures are just knocking on the pipes, but once

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you begin to dig under the surface, real changes can begin to occur,

~~Review of "How Yoga Works" by Michael Roach » Inner Winds Yoga~~

This is one of the many gems in Geshe Michael Roach and Christie McNally's book How Yoga Works. When I first ordered this book, I assumed it would be another yoga book explaining technique and philosophy; instead I was delighted by this narrative of the yogic journey into which Patanjali's Yoga Sutras are woven.

~~How Yoga Works: Michael Roach, Christie McNally ...~~

In 2000, Michael wrote The Diamond Cutter, The Buddha on Managing Your Business & Your

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Life, which has become an international business bestseller, and tells the story of how he used ancient Asian principles for success. His is the author of over 30 volumes, including the best-selling How Yoga Works.

~~How Yoga Works by Geshe Michael Roach, Christie McNally ...~~

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The author is a GREAT story teller! Either a yoga beginner or an advanced yoga practitioner can benefit from this amazing book. For beginners,this book is your shortcut to access the authentic yoga philosophy. for yoga instructors, the book will help you deepen your understanding of the rules in yoga tradition, such as why relaxing face is important and why keeping focus makes your

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pose better.

~~How Yoga Works: McNally, Christie; Roach, Michael ...~~

Nonetheless, the narrative Roach has crafted in How Yoga Works is true to the genuine teachings of The Yoga Sutra – the source of all yoga, perhaps like the “yoga instruction manual.” The premise of How Yoga Works is based around how one may use the ancient book of The Yoga Sutra (which was passed by word of mouth from teacher to student) to heal oneself and others in both body and heart.

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~~How Yoga Works: Roach, Geshe Michael: Amazon.com.au: Books~~
Michael Roach is the author of How Yoga Works (4.19 avg rating, 1783 ratings, 193 reviews, published 2004), The Diamond Cutter (4.09 avg rating, 1401 rat...

~~Michael Roach (Author of How Yoga Works)~~
Michael Roach (born December 17, 1952) is an American non-

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traditional teacher of Tibetan Buddhism. Ordained as a Gelugpa monk, he was the first American to receive the Geshe degree at Sera Monastery in Tibet. He has started a number of businesses and organizations, written books about Buddhism, and translated Tibetan Buddhist teachings.

~~Michael Roach - Wikipedia~~

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To make the Sutras more accessible and comprehensible, author Geshe Michael Roach wrote How Yoga Works, a functional story that incorporates the teachings of Patanjali. There are many current translations of the Sutras, but this book submerges the ancient teachings into a format that is relatable and narrative.

~~Wanderlust Wanderlust Reading Room: "How Yoga Works"~~

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