



Atheist Yoga (Paperback)

By Anton Drake

Puragreen Productions LLC, United States, 2013. Paperback. Book Condition: New. 218 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Atheist Yoga is a provocative and mind-bending book that makes the case for yoga's total compatibility with atheism, while simultaneously offering an in-depth explanation of advanced yoga technique. It takes a close look at the full spectrum of yoga methodology and explains how to really advance your practice to higher levels of expertise, delving deeply into hatha yoga, pranayama and meditation while thoroughly exploring esoteric subjects such as Kundalini, tantra, sexual yoga, kumbhaka, pratyahara and yogic trance in sensible and easy to understand practical terms. From a starting point of realism and scientific materialism, it begins to decode and illuminate the ancient secrets of yoga in a way that readers will find highly accessible and enjoyable on multiple levels. The book's extensive analysis of advanced meditation technique, hatha yoga, yogic sex, Kundalini, the chakras, yoga trances, pranayama, mental focus, sensory withdrawal and asana is flavored with a rich tapestry of practical and experiential insights into the world of yoga, and is interspersed with five interlude chapters in which the author and an expert yogini...



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