

LIVING LOVE, THE YOGA OF YAMA AND NIYAMA

BOOK DESCRIPTION

Living Love helps you better relate to yourself and the world around you, as well as to access the unitary wholeness of being, leading to greater happiness, mental balance, and spiritual depth.

This book extends far beyond yogic practice on the mat, spreading mindfulness and awareness from yoga to the rest of your life. It advises on how to handle negative thought patterns and energy and suggests things to do to gradually transform your life or tap into energetic new perspectives.

It is a poetic and profoundly moving book, with deep spiritual and psychological insight. Delving into the first two limbs of the eight-fold path of yoga, given in Patanjali's classic Yoga Sutras, Living Love is a spiritual guidebook that can bring these foundational practices of yoga alive in your life, helping you to:

- Live in integrity
- Have compassion for yourself and others.
- Heal emotional wounds, sadness, and anxiety.
- Develop habits and behaviors that will support your well-being.
- Lead a value-based life for spiritual awakening and self-realization.

Practical exercises are included at the end of the book to help you put it all into action.

The practices of Yama and Niyama are yoga's method for purifying our minds by changing our attitudes and behaviors to allow more subtle spiritual awareness to awaken within us. We are constantly bombarded in life by various experiences that can be disruptive. Learning to cope with life's difficulties and live in equanimity, deepening our spiritual connection is the foundation of yoga. There is nothing in yoga more essential than these practices.

Be in the heart and soul of yoga with this award-winning book!

**2022 GLOBAL BOOK AWARDS SILVER MEDAL WINNER FOR SPIRITUAL HEALING
A WINNER OF THE C.O.V.R. 2021 ICONIC BOOK AWARDS**

"Written with love and supported by a lifetime of knowledge and personal experience, Living Love, The Yoga of Yama and Niyama is one of those special books that will stay with you, occasionally nudging your mind and behavior in certain ways, and bringing you inevitably closer to lightness and joy if you're willing to take the journey." -**Self-Publishing Review, ★★★★★½**

"Kind, wise, and reflective of timeless truths, this yoga manual merits careful reading and rereading." -**Kirkus Reviews**