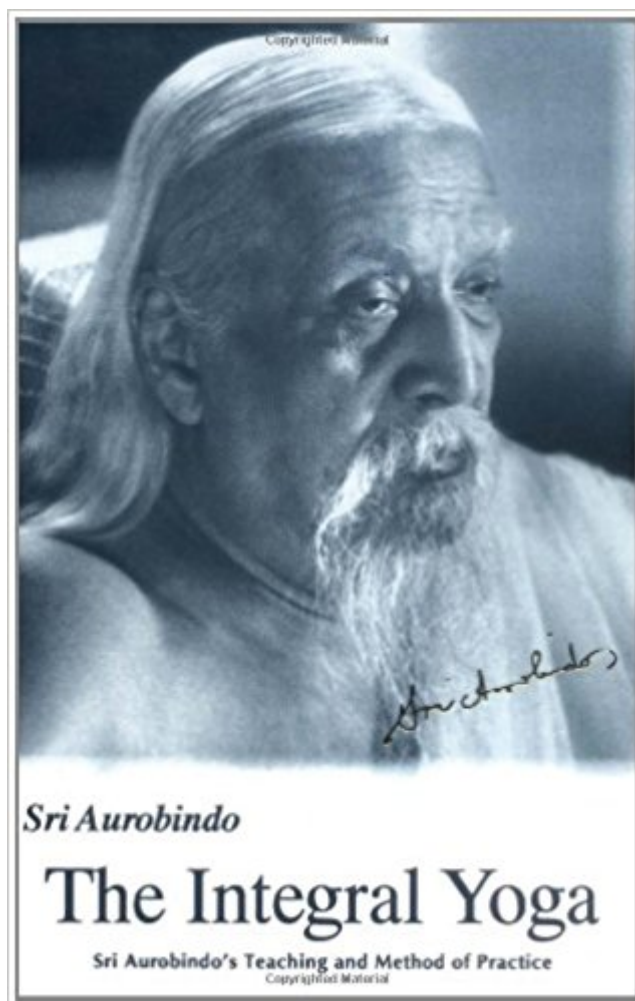


The book was found

Integral Yoga: Sri Aurobindo's Teaching & Method Of Practice



Synopsis

One of the foremost Indian philosophers of the twentieth century, Sri Aurobindo was also a political activist, a mystic and a spiritual leader. Between 1927 and 1950, Sri Aurobindo remained in seclusion while perfecting a new kind of spiritual practice he called the Integral Yoga. During this period he gave detailed guidance to disciples and seekers, responding to thousands of inquiries. This correspondence constitutes a major body of work on the practice of yoga-sadhana. The present volume brings together a comprehensive selection of Sri Aurobindo's letters, organized by area of interest. An ideal introduction to his work and vision, it will also serve as an invaluable daily handbook for seekers of all paths - beginners and experienced practitioners alike.

Book Information

Series: Sri Aurobindo's Teaching & Method of Practice

Paperback: 416 pages

Publisher: Lotus Press; 1 edition (January 1, 2015)

Language: English

ISBN-10: 0941524760

ISBN-13: 978-0941524766

Product Dimensions: 1 x 5.8 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 26 customer reviews

Best Sellers Rank: #217,923 in Books (See Top 100 in Books) #77 in Books > Politics & Social Sciences > Philosophy > Eastern > Indian #638 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #46654 in Books > Religion & Spirituality

Customer Reviews

If ever you've wondered how to integrate the living of your life into your spiritual practice so that your life can actually become your practice, then Aurobindo's "The Integral Yoga" is for you. Here is one of the few recent sages who not only saw beyond the beyond, but lived his life from that perspective. If you've been searching, but not finding answers, chances are that Aurobindo's cogent comments will more than meet that need as he walks you through what it means to lead a deeply spiritual life, and then shows you how to do it.

It will take you as close as you can get to the core of Sri Aurobindo's philosophy.

To all people who have already read some Sri Aurobindo's or Mother's books, who are looking for the Truth and the way to evolution. In each line there is a concentrated idea! Sometimes it's hard for understanding, lots of new terms (but there is a vocabulary at the end of the book).

It's deep, chewy, soulful, intelligent teachings that help me expand my body, mind and soul. What a wonderful man. Thank you for sharing your insights Aurobindo.

This is an excellent book for anyone who is interested in universal principles that reaches beyond the world's great religions. Aurobindo is masterful at presenting the material in a relevant and user friendly fashion. I will use this book as a resource for my Science of Mind classes and share it in my newsletters.

The breadth and depth of Yoga are explored here. Getting beyond the physical practices of Yoga is such a rewarding experience and Aurobindo shares his thoughts on the benefits of such a disciplined practice.

Great! :)

A great understanding of where Integral theory and evolutionary enlightenment got their beginnings. Truly brings a more modern understanding of India's long tradition of Yoga.

[Download to continue reading...](#)

Integral Yoga: Sri Aurobindo's Teaching & Method of Practice Sri Lanka: Sri Lanka Travel Guide: 101 Coolest Things to Do in Sri Lanka (Sri Lanka Travel, Colombo, Galle, Sri Lanka Holidays, Sri Lanka Safari) Sri Lanka: Sri Lanka Travel Guide: 101 Coolest Things to Do in Sri Lanka (Sri Lanka Travel, Sri Lanka Holidays, Colombo, Kandy, Galle) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction (SUNY series in Integral Theory) Sri Lanka Travel Guide - 2017: Essential Sri Lanka guide book (Sri Lanka guide books) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga Mama, Yoga

Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) The Bhagavad Gita with the Commentary of Sri Sankaracharya: By Sri Sankaracharya Top 12 Places to Visit in Sri Lanka - Top 12 Sri Lanka Travel Guide (Includes Sigiriya, Kandy, Yala National Park, Galle, Colombo, & More)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)