



## The Yoga Book. A Practical & Spiritual Guide to Self-Realization

By Stephen Sturgess

Watkins, UK, 2002. Soft cover. Book Condition: New. 1st Edition. 22 cms. The Yoga Book is a core text-it explains the true meaning of Yoga, and demonstrates the practices and postures of Ashtanga Yoga that will enable the reader to achieve mastery over the mind and body and can eventually lead to Self-Realization. Through the practice of Yoga we can directly bring stillness to the restless mind and body, giving a true, lasting happiness, from inner peace and contentment. Stephen Sturgess has based his comprehensive book on the classical teachings of Patanjali, who, over 1500 years ago distilled elements of earlier forms of yoga into a system of study and practice. It is an authoritative, inspirational and practical guide to the benefits and fulfilment that can be attained by the dedicated practice of Yoga.



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