



Yoga and the Path of the Urban Mystic: 4th Edition

Darren Main

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Yoga and the Path of the Urban Mystic: 4th Edition Darren Main

For modern yogis feeling challenged in our efforts to remain deeply spiritual, contemplative, and centered amid the stresses and complications of urban life, this book serves as both inspiration and guide. Darren Main's fresh, down-to-earth approach to the time-tested practice and philosophy of yoga shows us the way to apply the ancient wisdom of India to every moment and every breath so that even our busiest days can be powerful and mystical adventures, filled with all the wonder and magic that was once reserved for those living as monks and nuns. Yoga for the twenty-first century, this is the fulfilling and joyful path of the urban mystic.

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