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The western concept of yoga, more often than not, misses the ultimate “goal”, if one can call it that, of the practice, which simply put, is the unification of the body, mind and spirit to recognise that there is an intelligence beyond one’s mind, known as consciousness and has a meaning well beyond its medical definition.

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**Yoga: The Spirit and
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I love the subtitle of his heavy-duty trade paperback, "the spirit and the practice of Moving into Stillness". Such a poetic way to describe yoga and meditation. Erich Schiffmann is an American yoga expert who has studied with some of the more influential yoga masters in the world.

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a meaning well beyond
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developed the practice based on the Yoga Sutras, a collection of aphorisms on the structures and practice

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The Spiritual Benefits of Yoga - Daydreaming in Paradise

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spirit, or the energy,
within and without.

We're not talking about
ghostly spirits here, or
some supernatural
being - spirit is higher
consciousness; a
driving force, a
motivation, a reason
behind everything we
think and everything
we do.

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Mind, body, and spirit
to raise you to higher
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practice to help you
unite body, mind, and
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centering the
consciousness within
through japa, or the
repetition of certain
universal root-word
sounds representing a
particular aspect of
Spirit. Bhakti Yoga —
all-surrendering
devotion through which
one strives to see and
love the divinity in
every creature and in
everything, thus
maintaining an
unceasing worship.

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practice yoga speak
about the spirit and
how the spirit must be
united with the body.

**The danger of yoga?
| Salt of the earth |
The danger of..**

Yoga is a practical aid,
not a religion. Yoga is
an ancient art based
on a harmonizing
system of development
for the body, mind, and
spirit. The continued
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lead you to a sense of

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peace and well-being,
and also a feeling of
being at one with their
environment.

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“Stillness is dynamic. It

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is unconflicted
movement, life in
harmony with itself,
skill in action...

"uninhibited,
unconflicted
participation in the
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About the Author Erich Schiffmann is an accomplished American Yoga Master widely known for his award-winning video, Yoga Mind & Body, featuring actress Ali MacGraw. He is the author of a bestselling book Y oga: The Spirit and Practice of Moving Into Stillness.

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Yoga and Spirituality

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much more than just asana. This path can also take you on an interior journey to meet your true Self.

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