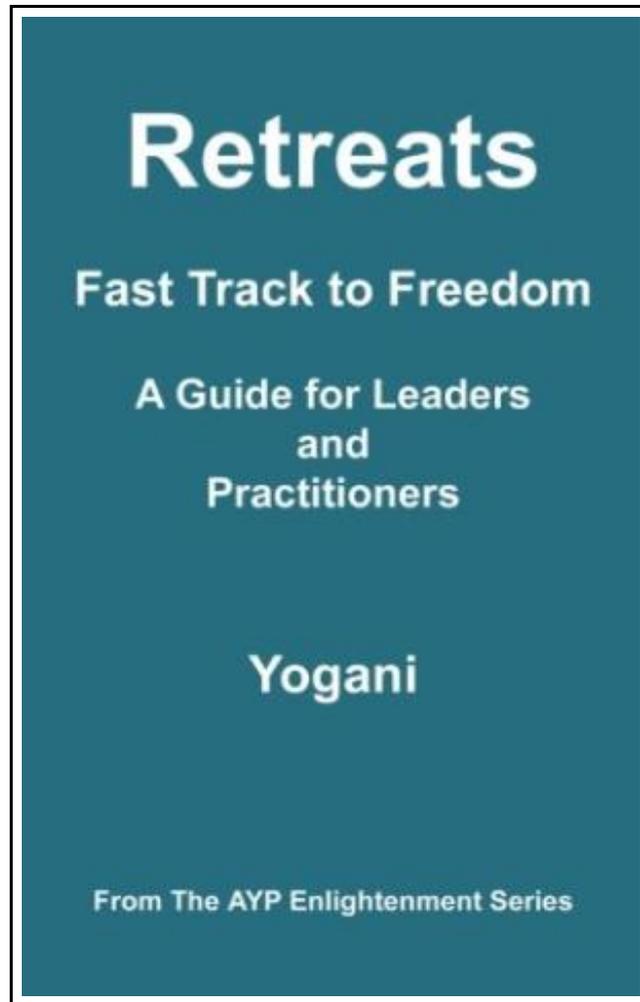


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Createspace, United States, 2012. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Since Advanced Yoga Practices (AYP) was started in 2003, the number of people utilizing this open source system of full-scope yoga practices has grown steadily around the world. It has evolved from being primarily an internet resource to a shelf-full of books, and now to increasing real-world activities including meditation groups, hands-on training, and retreats organized and run by those who choose to share the knowledge and experiences that come with the effective application of the practices. This small volume called Retreats has been written to provide guidelines for assisting those who wish to organize and implement AYP retreats. It is also for those interested in attending retreats for personal benefit and for benefiting the world through the systematic cultivation of Abiding Inner Silence, and its practical applications in daily living. The experience with AYP retreats has been very good, and this book is offered in the hope that many more retreats will be conducted around the world. Retreats is the tenth book in the AYP Enlightenment Series by Yogani, preceded by Eight Limbs of Yoga, Bhakti and Karma Yoga, Self-Inquiry, Diet, Shatkarmas and Amaroli, Samyama, Asanas, Mudras and Bandhas, Tantra, Spinal Breathing Pranayama, and Deep Meditation. Yogani is also the author of two highly-regarded user-friendly textbooks providing detailed instructions on full-scope yoga practices, Advanced Yoga Practice - Easy Lessons for Ecstatic Living, Volumes 1 2, and a spiritual adventure novel, The Secrets of Wilder - A Story of Inner Silence, Ecstasy and Enlightenment.



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