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concludes by going beyond the physical aspects to the heart of yoga. It illuminates and gives insight into the discovery of non dogmatic forms and evolutionary approaches to meditation and spirituality. It presents a clear argument showing the pitfalls of regimented systems and how to make everything in daily life part of yoga practice and spiritual development. Ganga White gives us his unique and creative perspectives on a time tested discipline for a healthy and vital life. Entertaining and thoroughly readable this book offers a coherent explication of yoga its philosophy and practice. White's integrative views will inspire beginners and accomplished yogis to trust their inner wisdom and creatively reassess their practice. He is a great storyteller and gives us his personal and creative perspective breathing fresh air into an ancient discipline. **Yoga Beyond Belief** offers an original integrative approach to body mind and spirit that is practical inspiring and full of valuable insights to enliven and inform anyone's yoga practice.

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