



Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice

Alanna Kaivalya

Download now

[Click here](#) if your download doesn't start automatically

Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice

Alanna Kaivalya

Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice Alanna Kaivalya

While many engage in asana, the physical practice, yoga's most transformative effects are found in the realms of the spiritual and psychological. *Yoga Beyond the Mat* shows you how to develop a personal, holistic yoga practice to achieve lasting and permanent transformation. Join Alanna Kaivalya as she guides you through a complete range of topics, including:

- Removing Obstacles
- Appreciating the Present Moment
- Balancing the Chakras
- Healing Childhood Wounds
- Creating Your Own Rituals
- Transforming Your Archetypal Energy
- Entering the Blissful State

This book shows you that yoga doesn't make your life easier; it makes you better at your life. Through ritual, meditation, journaling, asana, and other spiritual practices, *Yoga Beyond the Mat* provides techniques for developing a personal mythology and allowing the ego to rest, leading modern-day yogis toward what they have been missing: the realization of personal bliss.

Praise:

"[Alanna] guides and inspires students and teachers alike toward their own liberation, with patience, generosity, and wholehearted enthusiasm."?Linda Sparrowe, former editor-in-chief of *Yoga International* and author of *Yoga At Home*

"This is the book I dreamed of when I started my yoga path . . . [*Yoga Beyond the Mat* includes] all the steps, tools, rituals, and wisdom for lasting bliss."?Dana Flynn, founder of Laughing Lotus Yoga

"Alanna has pioneered a relevant, educational book; deep thinking and laced humor."?Ana T. Forrest, founder of Forrest Yoga and author of *Fierce Medicine*

"Alanna reveals with great clarity and approachable language the nuances, shadings and shadows of this ancient ritual of wellness. I highly recommend it."? Dennis Patrick Slattery, PhD, author of *Riting Myth, Mythic Writing* and *Creases in Culture*

"Alanna's rigorous scholarship interweaves with applicable and tangible to-do's that brings reality to your spirituality."?Jill Miller, creator of Yoga Tune Up® and bestselling author of *The Roll Model*

"I found *Yoga Beyond the Mat* both informative and active; both entertaining and enlightening. Dr. Kaivalya brings yoga back to its roots. She recovers the blend of the physical, tangible aspects of practice with the spirit and mind. In today's hectic life, the revival of yoga-past when combined with soul centered engagement offers the remedy we seek . . . a breakthrough book."?Stephen Aizenstat, PhD, chancellor and founding president of Pacifica Graduate Institute

“In this groundbreaking book integrating yoga, Jungian psychology, and personal mythology, Alanna Kaivalya recovers the spiritual dimension of yoga for contemporary Western practitioners. By offering readers a creative ensemble of integrated practices, she provides an innovative approach to personal development that engenders both spiritual awakening and psychological wholeness.”?Dr. Patrick Mahaffey, professor and associate chair of Mythological Studies Program at Pacifica Graduate Institute and author of *Evolving God-Images*

“Alanna writes with honesty and clarity about the quest to find self-knowledge and bliss, perfectly balancing skepticism and enthusiasm. The result is a practical guide to the history and philosophy of yoga, and a useful map to living an integrated, satisfying and richly meaningful life.”?Dave Stringer, Grammy-nominated Kirtan artist

“Drawing on yoga, psychology, mythology, and ritual, Alanna guides readers on a transformative journey toward self-awareness and ‘personal bliss,’ through an amazing array of practices. *Yoga Beyond the Mat* is like a library of ideas for studying your self.”?Kaitlin Quistgaard, writer and former editor-in-chief of *Yoga Journal*

 [Download Yoga Beyond the Mat: How to Make Yoga Your Spiritu ...pdf](#)

 [Read Online Yoga Beyond the Mat: How to Make Yoga Your Spiri ...pdf](#)

Download and Read Free Online Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice

Alanna Kaivalya

From reader reviews:

Elizabeth Hart:

Do you have favorite book? In case you have, what is your favorite's book? Publication is very important thing for us to be aware of everything in the world. Each guide has different aim as well as goal; it means that reserve has different type. Some people really feel enjoy to spend their time for you to read a book. These are reading whatever they acquire because their hobby is reading a book. What about the person who don't like reading through a book? Sometime, individual feel need book when they found difficult problem or perhaps exercise. Well, probably you will need this Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice.

Ryan Fox:

What do you regarding book? It is not important together with you? Or just adding material when you really need something to explain what the ones you have problem? How about your spare time? Or are you busy particular person? If you don't have spare time to complete others business, it is make you feel bored faster. And you have free time? What did you do? Everyone has many questions above. They must answer that question mainly because just their can do in which. It said that about book. Book is familiar in each person. Yes, it is appropriate. Because start from on guardería until university need this Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice to read.

Clarissa Holland:

This Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice book is just not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is usually information inside this guide incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice without we know teach the one who reading it become critical in considering and analyzing. Don't always be worry Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice can bring if you are and not make your case space or bookshelves' turn into full because you can have it inside your lovely laptop even mobile phone. This Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice having great arrangement in word in addition to layout, so you will not really feel uninterested in reading.

Frances McKay:

Do you one of people who can't read pleasurable if the sentence chained within the straightway, hold on guys this aren't like that. This Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice book is readable by you who hate those perfect word style. You will find the details here are arrange for enjoyable examining experience without leaving also decrease the knowledge that want to offer to you. The writer regarding Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice content conveys the thought easily to understand by many individuals. The printed and e-book are not different in the information but it just

different in the form of it. So , do you still thinking Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice is not loveable to be your top record reading book?

Download and Read Online Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice Alanna Kaivalya #ZE3O9CYDQ4W

Read Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice by Alanna Kaivalya for online ebook

Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice by Alanna Kaivalya Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice by Alanna Kaivalya books to read online.

Online Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice by Alanna Kaivalya ebook PDF download

Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice by Alanna Kaivalya Doc

Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice by Alanna Kaivalya Mobipocket

Yoga Beyond the Mat: How to Make Yoga Your Spiritual Practice by Alanna Kaivalya EPub