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By Gudjon Bergmann

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Topics include prioritizing daily life, breathing, concentration, taming the senses, discernment, self-discipline, developing a steady posture, meditation, love, non-attachment, letting go of the past, understanding cyclical energy and the energy centers, the importance of self-knowledge and more. Some of the 70 practices have been simplified based on ancient yogic approaches. From this book you can learn classic postures and breathing techniques plus relaxation and meditation practices. In addition there are practices that focus on expanding love, creating peer groups focused on self-development, flowing, surrendering and accepting life, staying steadfast while developing self-discipline, developing increased self-awareness and self-knowledge, and much more. This book is truly applicable to the 21st Century. It is free of dogma and absolutes. It...



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