

DEEPEN YOUR BOND WITH FAMILY, FRIENDS & LOVERS

CONTACT YOGA®

THE SEVEN POINTS OF CONNECTION & RELATIONSHIP

TARA LYNDA GUBER
WITH ANODEA JUDITH



PHOTOGRAPHY BY NORMAN SEEFF FOREWORD BY DEEPAK CHOPRA PREFACE BY ANTHONY ROBBINS

Contact Yoga The Seven Points Of Connection And Relationship

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Contact Yoga The Seven Points Of Connection And Relationship:

Contact Yoga Tara Lynda Guber,2023-08-15 Contact Yoga presents an inspiring new vision of yoga created to deepen your relationships with lovers friends family and other intimates in your life Contact Yoga explores that mysterious and dynamic edge where two people connect physically emotionally and spiritually Tara Lynda Guber and Anodea Judith offer valuable insight into the dynamics of all loving relationships using poses designed for two participants that bridge the Seven Points of Contact Contact Yoga brings these seven points trust passion commitment love communication vision and union into focus as points on the body training patterns of connecting and distancing loving and protecting giving and receiving to be revealed at their deepest levels Contact Yoga will appeal to all who seek depth and fulfillment in their relationships Contact Yoga also features over one hundred striking tri tone photographs by award winning photographer filmmaker and director Norman Seeff His vivid images capture candid portraits of renowned yoga teachers such as Patricia Walden Anna Forest and Shiva Rae as well as celebrities in dynamic yoga poses including Cheryl Tiegs Carrie Otis Daphne Zuniga Catherine Oxenberg Linda Grey Elizabeth Berkley Harry Hamlin and Lisa Rinna

Contact Yoga Tara Lynda Guber,2012 In Contact Yoga Tara Guber presents the inspiring vision and philosophy of yoga created to inform and enhance your relationships with friends lovers and yoga partners Grounded in traditional yoga postures the Contact Yoga method explores that mysterious and dynamic edge where two people connect physically emotionally and spiritually

Contact Yoga Tara Lynda Guber,2012 Secrets of Meditation Davidji,2012-09-04 For thousands of years people have tried to tap into the stillness and silence that rests within to discover their deeper selves In Secrets of Meditation davidji takes you there demystifying the practice along the way and guiding you on an epic journey into your own consciousness Whether you are new to meditation a crisis meditator or someone who has been meditating for years this book will take your practice and your life to the next level In this insightful book davidji shares his own journey along his path to awakening and examines the positive impact that meditation can have on your physical health relationships emotional well being and spiritual life As the secrets to an effortless meditation practice are revealed you will unlock the door to your own personal journey and discover what is actually supposed to happen when you close your eyes davidji shares the wisdom of the ages in an accessible and entertaining style loosening rigid commandments revealing the five greatest myths of meditation and illuminating the most powerful rituals to weave a regular practice into your day Secrets of Meditation will have you meditating in minutes and living a happier easier and more fulfilling life

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The Seven Spiritual Laws of Yoga Deepak Chopra, M.D.,David Simon, M.D.,2010-05-25 The remarkable benefits of yoga

which include improved flexibility balance muscle tone endurance and vitality only hint at the extraordinary power of this deeply spiritual practice When adhered to and practiced mindfully yoga can unlock readers full creative potential their capacity for love and compassion and ability to find success in all areas of their lives The Seven Spiritual Laws of Yoga brings spirituality back to yoga It shows how the Seven Spiritual Laws play a crucial role in yoga s path to enlightenment while providing readers with a wealth of meditation techniques mantras breathing exercises and yoga poses Whether a newcomer to yoga or an experienced practitioner The Seven Spiritual Laws of Yoga is a portal to yoga s deeper spiritual dimension and a beautiful step to a happier more harmonious and more abundant life

Christian Responses to Five Views of the Bhagavad Gita Tom Wilson, 2021-08-06 Of all the Hindu Scriptures the Bhagavad Gita is the most widely read by Western audiences Its brevity belies its complexity as with all sacred texts the only way to fully understand its teaching is to learn from those who live out a faith based on that text This book examines five different readings of the Bhagavad Gita juxtaposing these readings with a Western Protestant Christian response to both the text and the ideas and theology that lie beneath the surface of the text Written for students and practitioners of interfaith dialogue it is a resource to enable richer and deeper conversations between Hindus and Christians

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You Are Psychic Debra Lynne Katz, 2015 YOU ARE PSYCHIC has been hailed as the psychic s bible and has put tens of thousands of readers on the fast track to accessing and controlling their clairvoyant and healing abilities In this 2015 revised edition by Living Dreams Press You Are Psychic continues to open the eyes of readers and reverse the blindness of those cut off from their greatest gifts of in sight and healing Topics covered include psychic readings Clairvoyant healing methods communicating with your creator and your guides Transformation psychic protection techniques and the business of spirituality This book will take your abilities to levels never imagined and facilitate your profound transformation into empowerment and living the life you were meant to live The first edition of You are Psychic The Art of Clairvoyant Reading and Healing was published by Llewellyn Worldwide in 2004 and was received with extraordinary acclaim and sold tens of thousands of copies across the globe This improved edition has been updated to reflect the changing times of having a successful intuitive guiding business in a more technologically advanced world It incorporates extraordinary insights of the author whom has been conducting clairvoyant readings trainings and mentoring sessions for thousands of clients and budding psychics for two decades She has also collaborated with the top psychic researchers and remote viewers to conduct scientific studies serving both as scientist and subject In this edition she fine tunes techniques based upon those endeavors One of the greatest values this book has is its normalizing and comforting effect by sharing intimate details of her own

readings along with step by step techniques she catalyzes breakthrough experiences that changes lives for the better and shows readers that clairvoyance is fun numinous and enlightening Perhaps most importantly those who experiment with the material in this book will gain immediate awareness of the profound connection all beings have with each other **Yoga Journal** ,1991-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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