



# Advanced Yoga Practices

## Easy Lessons for Ecstatic Living

### Volume 2

More Original Internet Lessons with Additions by the Author

Yogani

# Advanced Yoga Practices Easy Lessons For Ecstatic Living

**Yogani**



## **Advanced Yoga Practices Easy Lessons For Ecstatic Living:**

Advanced Yoga Practices - Easy Lessons for Ecstatic Living Yogani, 2012-08-01 FROM THE BACK COVER OF THE PAPERBACK EDITION Yoga opens the doorway between our outer and inner reality leading us to Oneness and Joy in all aspects of life Our nervous system is the doorway Advanced Yoga Practices AYP Volume 2 refines and enhances the core practices presented in the first volume and provides plain English instructions for new practices designed to cultivate middle and end stage development on the path of human spiritual transformation Additional practices include advanced applications of samyama diet shatkarmas amaroli non dual self inquiry bhakti and karma yoga and a variety of approaches for building and managing a progressive and stable practice routine Volume 2 does not stand alone relying on the first volume as a foundation and building on it There are nearly 200 additional lessons here for assisting the serious practitioner to realize a life filled with abiding inner silence ecstatic bliss outpouring divine love and unity What readers are saying as they make use of the AYP lessons It s almost a science You do the practices and progress as predicted MA As a physician it is moving to see the effects on medical conditions KC I will be adding AYP to my class offerings to cover the whole of yoga MR Far above and beyond all other yoga writings I have encountered KG A growing inquiry in stillness has taken me to new levels CL Especially useful for stabilizing my kundalini awakening SR The tantra techniques bring great pleasure into our lives ZA This approach includes a deep tolerance of other paths AN Thank you for being the one who said The guru is in you KK For more reader feedback see the last section in the book

**Advanced Yoga Practices - Easy Lessons for Ecstatic Living** Yogani, 2004 FROM THE BACK COVER OF THE PAPERBACK EDITION The premise of Yoga is simple There is an outer reality and an inner one and our nervous system is the doorway between them Effective Yoga practices stimulate and open that doorway The result Peace creativity happiness and a steady rise of ecstatic bliss radiating from within us Advanced Yoga Practices AYP brings together the most effective methods of Yoga in a flexible integrated system that anyone can use Instructions are given in plain English for deep meditation spinal breathing pranayama bodily manipulations asanas mudras and bandhas tantric sexual practices and other methods that are systematically applied to swing open the door of our nervous system to permanent higher experience This is a non sectarian approach that is compatible with any belief system or religious background There are over 240 easy to follow lessons here including many hands on questions and answers between Yoga practitioners and the author Whether you are a beginner or a veteran in Yoga the AYP lessons can serve as a useful resource as you travel along your chosen path Extensive reader feedback is provided in the book Here are a few excerpts I searched for years to find a method of meditation that I can do This is do able AN I ve learned more about yoga in 4 months than in the previous 30 years of study SL This is a very valuable inspiration for people taking up and maintaining meditation DB Spinal breathing pranayama makes me feel so ecstatic I want to do it all the time YM After my first meditation session I never felt so relaxed You made me a believer JF You make everything seem so simple yet the practices are profound and dynamic SS I

wish I had this kind of information when I started some 15 years back AD I love the way you explain everything So simple logical and so safe RY These are the best lessons I have read on yoga anywhere RD      Advanced Yoga Practices - Easy Lessons for Ecstatic Living, Vol. 2 ,      *Advanced Yoga Practices - Easy Lessons for Ecstatic Living* Yogani, 2004-12 The premise of Yoga is simple There is an outer reality and an inner one and our nervous system is the doorway between them Effective Yoga practices stimulate and open that doorway The result Peace creativity happiness and a steady rise of ecstatic bliss radiating from within us Advanced Yoga Practices AYP brings together the most effective methods of Yoga in a flexible integrated system that anyone can use Instructions are given in plain English for deep meditation spinal breathing pranayama bodily manipulations asanas mudras and bandhas tantric sexual practices and other methods that are systematically applied to swing open the door of our nervous system to permanent higher experience This is a non sectarian approach that is compatible with any belief system or religious background There are over 240 easy to follow lessons here including many hands on questions and answers between Yoga practitioners and the author Whether you are a beginner or a veteran in Yoga the AYP lessons can serve as a useful resource as you travel along your chosen path What readers are saying about the AYP lessons I searched for years to find a method of meditation that I can do This is do able AN I ve learned more about yoga in 4 months than in the previous 30 years of study SL This is a very valuable inspiration for people taking up and maintaining meditation DB Spinal breathing pranayama makes me feel so ecstatic I want to do it all the time YM After my first meditation session I never felt so relaxed You made me a believer JF You make everything seem so simple yet the practices are profound and dynamic SS I wish I had this kind of information when I started some 15 years back AD I love the way you explain everything So simple logical and so safe RY These are the best lessons I have read on yoga anywhere RD Additional reader feedback is included in the last section of the book      Advanced Yoga Practices - The AYP Plus Lessons Yogani, The AYP Plus Lessons eBook is offered as a resource for off line study covering nearly 1 000 lessons and additions on practices and experiences Until now this large amount of instructional content has only been available through the AYP Plus online service Full Scope Yoga consisting of eight limbs opens the doorway between our outer and inner reality leading us to Abiding Peace Unity and Joy in all aspects of life The Advanced Yoga Practices AYP Lessons provide detailed instructions on how to open the doorway of our nervous system aiding us in unfolding our full potential and destiny in this life Deep Meditation Spinal Breathing Pranayama and Yoga Asanas form the foundation of daily practice in a short routine compatible with modern life with extensive refinements and many additional practices provided in the lessons as experience in human spiritual transformation advances over time Prudent Self Pacing of practices for comfort and safety is a core teaching throughout the lessons The AYP Lessons began in 2003 as an online resource Over the years the teachings have expanded to populate several websites more than 15 books and translations into more than a dozen languages The two original AYP Easy Lessons for Ecstatic Living books published in 2004 and 2010 cover nearly 500 lessons combined As the writings continued

the AYP Plus online service was launched in 2015 eventually providing nearly 500 additions to the original lessons expanding and refining the teachings based on the questions and experiences of hundreds of practitioners Yogani is the author of ground breaking books on highly effective spiritual practices including the Advanced Yoga Practices lesson books the concise AYP Enlightenment Series books and The Secrets of Wilder spiritual adventure novel Over the years the AYP writings have been praised as one of the most comprehensive and accessible instructional resources on Full Scope Yoga See hundreds of testimonials in the back of the book With the publication of this large eBook the full teachings contained in the AYP Plus Lessons are being made available in book form for the first time

**Advanced Yoga Practices Support Forum Posts of Yogani, 2005-2010** Yogani, 2011-01-10 A large eBook containing all AYP Support Forum posts by Yogani over a six year period About 2 000 posts are included providing extensive commentary on spiritual practices and experiences in Q A mode supplementing the AYP instruction books Links to all posts forum topics and referenced sources are included

*Advanced Yoga Practices* Yogani, 2012-10-01 FROM THE BACK COVER OF THE PAPERBACK EDITION This large volume contains all Advanced Yoga Practices AYP Support Forum posts by Yogani over a six year period from 2005 through 2010 About 2 000 posts are included providing extensive commentary in Q A mode covering a wide range of spiritual practices and experiences supplementing the Advanced Yoga Practices Easy Lessons for Ecstatic Living and AYP Enlightenment Series books When the Advanced Yoga Practices AYP online lessons first began appearing in 2003 there was an immediate groundswell of questions on practices and experiences The ongoing email interactions that followed between Yogani and hundreds of practitioners were used to enrich the AYP lessons and eventually led to the launch of the AYP Support Forum in 2005 Since its founding the forum has steadily grown in size and scope covering every aspect of spiritual practice and experience in a well moderated online environment with thousands from all over the world contributing and drawing on the collective experience with the AYP system and also exploring many other systems of practice It is an open community that does not limit anyone on how they may choose to travel their spiritual path In keeping with the underlying philosophy of AYP the forum has always been about supporting the needs of practitioners with useful tools on the path of human spiritual transformation It is always the practitioner s call on how to proceed The forum has also served as a launching platform for many real world activities such as local deep meditation groups training retreats and formal research on spiritual practices

*Eight Limbs of Yoga - The Structure and Pacing of Self-Directed Spiritual Practice* Yogani, 2008-09-15 Eight Limbs of Yoga The Structure and Pacing of Self Directed Spiritual Practice provides an efficient integration of a wide range of yoga practices for use in a daily routine that is compatible with an active lifestyle while staying in tune with the centuries old Yoga Sutras of Patanjali Here these ancient innovations are brought up to date and optimized for modern self directed practitioners The center of all spiritual progress is found within each human nervous system When these time tested methods for stimulating human spiritual transformation are applied in an integrated way spiritual unfoldment can occur within any cultural or religious setting

Detailed instructions on the many individual practices discussed here are provided throughout the AYP writings This volume ties them all together in a systematic way to facilitate long term self paced cultivation of abiding inner silence ecstatic bliss outpouring divine love and the rise of unity in Self realization Yogani is the author of two landmark books on the world s most effective spiritual practices Advanced Yoga Practices Easy Lessons for Ecstatic Living a comprehensive user friendly textbook and The Secrets of Wilder a powerful spiritual novel The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books Eight Limbs of Yoga is the ninth book in the series preceded by Bhakti and Karma Yoga Self Inquiry Diet Shatkarmas and Amaroli Samyama Asanas Mudras and Bandhas Tantra Spinal Breathing Pranayama and Deep Meditation

**Bhakti and Karma Yoga - The Science of Devotion and Liberation Through Action (eBook)** Yogani,2008-05-20 Bhakti and Karma Yoga The Science of Devotion and Liberation Through Action covers the systematic application of the essential principles of desire and devotion to aid us in achieving our goals and spiritual aspirations Through inspired action we can transform our life experience to one of ecstatic bliss and outpouring divine love In combination with an effective daily routine of yoga practices the applied principles of bhakti and karma yoga elevate the relationship of our desires and actions to divine expression greatly hastening our progress toward enlightenment Yogani is the author of two landmark books on the world s most effective spiritual practices Advanced Yoga Practices Easy Lessons for Ecstatic Living a comprehensive user friendly textbook and The Secrets of Wilder a powerful spiritual novel The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books Bhakti and Karma Yoga is the eighth book in the series preceded by Self Inquiry Diet Shatkarmas and Amaroli Samyama Asanas Mudras and Bandhas Tantra Spinal Breathing Pranayama and Deep Meditation

*Deep Meditation - Pathway to Personal Freedom (eBook)* Yogani,2005-12-01 Deep Meditation is an easy to follow instruction book enabling you to systematically unfold inner peace creativity and energy in your daily life Whether you are seeking an effective tool for reducing stress improving your relationships achieving more success in your career or for revealing the ultimate truth of life within yourself Deep Meditation can be a vital resource for cultivating your personal freedom and enlightenment

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## Advanced Yoga Practices Easy Lessons For Ecstatic Living Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Advanced Yoga Practices Easy Lessons For Ecstatic Living free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Advanced Yoga Practices Easy Lessons For Ecstatic Living free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Advanced Yoga Practices Easy Lessons For Ecstatic Living free PDF files is convenient, its important to note that copyright

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