



# 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

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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

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*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

## Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Advanced Yoga Practices Easy Lessons For Ecstatic Living**

In a world inundated with screens and the cacophony of instant communication, the profound power and emotional resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the constant onslaught of noise and distractions. However, set within the musical pages of **Advanced Yoga Practices Easy Lessons For Ecstatic Living**, a fascinating perform of fictional elegance that impulses with natural emotions, lies an remarkable journey waiting to be embarked upon. Composed with a virtuoso wordsmith, this exciting opus manuals readers on a psychological odyssey, delicately exposing the latent possible and profound influence stuck within the intricate web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect its captivating publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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