

Yoga and the Path of the Urban Mystic by Darren Main

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Renowned Instructor Takes Yoga From the Mat into Everyday Life
Book Provides Insight into Philosophical Aspects of the Ancient Practice

We can easily lose the innocence and wonder of our childhood in the hustle and bustle of everyday life. One tried and true method of regaining that wholeness has been steadily increasing in popularity—yoga. In order to provide this large and rapidly growing market with more user-friendly information on the often ambiguous philosophical aspects of the practice, well-know yoga instructor and author Darren Main compiled his knowledge and experience into a life-changing guide, *Yoga and the Path of the Urban Mystic*.

Using humor and over a decade of personal experience, Main takes readers on a journey through the path of yoga, giving readers an accessible introduction to the practice of yoga. His book walks readers through topics such as:

- The Conflicts Between the Self and the Ego
- Moral Restraints
- Cultivating Good Habits
- Poses and Breathing
- Withdrawing the Senses and Concentration, Meditation and Ecstasy

For modern yogis feeling challenged in their efforts to remain deeply spiritual, contemplative and centered amid the stresses and complications of urban life, *Yoga and the Path of the Urban Mystic* serves as both inspiration and guide. Main demonstrates how the ancient practice of yoga can be used in every aspect of life, so even the very busiest and complicated everyday events can become powerful and mystical adventures.

“My book seeks to take the ancient wisdom of India and make it applicable to today,” states Main. “Readers will be able to take the practice of yoga off the mat and into everyday life and amplify the emotional, physical and psychological benefits of practicing yoga.”

Main’s motivating text is one long-time yogis and amateurs alike can use to increase the effectiveness of their practice or use as a solid foundation for beginning the practice. His breadth of knowledge and insight allows readers to realize every part of their life has the potential for transformation. More information about Main and the practice of yoga can be found at www.darrenmain.com.

About the Author

Darren Main is a renowned yoga and meditation instructor and author. His writings include *Spiritual Journeys along the Yellow Brick Road* and *The Findhorn Book of Meditation*. He also facilitates workshops and gives talks on yoga and modern spirituality throughout the United States and abroad and is the director of the Yoga Tree Teacher Training Program. He currently resides in San Francisco, CA.

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