



## The Yoga Way: Learn Why Yoga Is Not Just a Workout But a Powerful System for Transforming Your Life (Paperback)

By Danny Kw Cheung

Artspec, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Yoga isn't (just) a workout. It's a complete lifestyle philosophy. Danny Cheung, a yoga teacher, studio owner and practitioner of fifteen years, has transformed his life from a Groundhog Day existence - lurching from one triumph or disaster to the next - to a life with greater purpose, control, emotional stability, and happiness. Isn't that what we all seek? Danny was initially absorbed in the physical practice of yoga known as asana, not realizing that yoga offered a complete pathway to enlightenment. Danny searched for a deeper understanding of life through other sources: the teachings of ancient Eastern religions and modern day spiritual masters. His efforts waxed and waned over the years until life began to get in the way - marriage, children, business, and attachments added layers of resistance that dimmed the light within. He lapsed into the traditional belief that the more he could achieve in life, the happier he would be. The exact opposite happened! The harder he worked, the more anxious and unhappy he became. Wearily coping with the ups and...



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