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YOGA

AND THE PATH OF THE

URBAN MYSTIC

A photograph of a person with short brown hair, wearing a grey hoodie, seen from behind. They are standing on a walkway overlooking the Golden Gate Bridge in San Francisco. The bridge's suspension cables and towers are visible in the background, along with the bay and distant hills under a clear sky.

Darren Main
Forward by Stephen Cope

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Yoga and the Path of the Urban Mystic: 4th Edition



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Everyday, thousands of people roll out their yoga mats or sit on their meditation cushions in order to quiet the mind and heal the body. Some practice Iyengar yoga exercise, while some practice vinyasa or restorative yoga exercise—almost all who practice yoga have got touched something deep within themselves and had their lives changed by this ancient practice. Since teachers like Swami Vivekananda and Paramahansa Yogananda brought yoga exercises to the West, yoga exercise students and teachers alike possess sought to integrate the practice and philosophy of yoga into modern life. Find out why this best-selling yoga book has been used in yoga teacher training programs the world over and has become a modern spiritual traditional. From work and interactions, to loss of life and dying—allowing actually our busiest days to become powerful and mystical adventures, filled with all the wonder and magic that was once reserved for all those living as monks and nuns. This is not a publication about perfecting yoga exercises asanas or pranayama breathing techniques. It is a book about changing just how we see the world—transforming every encounter and relationship right into a yoga exercises practice unto itself. In *Yoga exercises and the road of the Urban Mystic*, Darren Main gives a fresh, down-to-earth method of the time-examined practice and philosophy of yoga exercise. He displays us the best way to apply the historic wisdom of India to every part of life.



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An absolutely amazing source for a a yogi at any stage in the trip towards enlightenment! This book is indeed real and honest! I often feel that texts upon this subject can be alienating or inaccessible, this publication was incredibly refreshing. He gets to the root of the problem and touches the places where others simply gloss over the surface. I have read this publication myself and to my students for years and the meanings often times transformation and grow with the college student. I found the book to be rooted in history and it was not watered down or overtly western. Analysis, appreciation and care were brought into explaining ancient philosophical perspectives. The info presented was accessible, insightful, and useful in lots of areas of my life. He's also very into himself and is certainly the big bullsh*tter or has had more spiritual experiences than anyone alive. I go through this book for a teacher training and was so excited to deepen my understanding of what yoga exercises means as a way of lifestyle and not just one hour longer workout. It not only helps one to apply these lessons to your modern lives, but benefits our understanding of how simple it is to really follow the path of the urban mystic. Overall this publication gave me so very much and has inspired me to take action for others throughout my journey as a yogi! Thanks Darren! Nice work, Darren. As a yogi, this book resonated therefore deeply with me and helped me integrate my love of living yoga exercise with my work and social existence to bring light and authenticity to my leadership in my work and in my own life. I really like Darren's clear, candid writing design and positive tone. He's talented at making historic yogic concepts applicable to modern life. Highly recommend Highly recommend! Among the book one should read. Must have for any yoga teacher, period! This book is a must have for just about any yoga teacher period! Our modern times do not afford us the chance to build up with any accurate integrity the true teachings yet we as a society scream for this. The teachings were traditionally spoken, then applied; learners would be with their masters for as long as it takes to understand the path. Grasping the teachings of the bhagavad gita, the upanishads, and the yamas and niyamas is an extremely complicated process. Darren Main's book, Yoga exercises and the Path of the Urban Mystic, has a beautiful method of applying these historic teachings to modern day approaches and clearness. Personally i think at ease understanding that it is meant to become a practice to be better, not great, the connection and importance of service really spoke to me and my trip in finding a career aswell. Darren covers the 8 limbed path, the ego, maya and many more illuminating topics. The narrative was suitable to this content. I had simply barely begun a yoga exercises practice for health insurance and physical factors. Had trouble putting it down. For example he loves to declare that the world can be an illusion as a matter of known fact. He doesn't contextualize it with any spiritual belief, or eastern philosophy. It's just a statement. The urban mystic is definitely alive and real, and I sensed that through Darren's tales of personal discovery while encouraging the pursuit of exploration without attachment when observing our own lives. Actually if he has experienced all these things, his writing continues to be awfully self-centered and beyond irresponsible. Such an excellent read Darren has this amazing tone of voice to his writing. This book goes in depth about how you can live a Yogi life in this fast pace consumerism globe, where it is so easy to emerge from our peace. Many thanks Darren for this book! Enjoyable- Pleased to have found Darren's writing Good and Practical for all those seeking to learn about Yoga philosophy and bringing the teachings into the modern world. Resonates with where We am on my journey. Just what I needed, when I needed it. This book fell into my lap at the same time when I was searching for answers.' Wildly irresponsible writer. I'll recommend it to my fellow yogis! Darren is extremely an easy task to follow.. It's essential examine for all yogis. An absolutely amazing reference for a a yogi at any stage in their spiritual trip. This book has set me on the path of

deeper exploration, with joy in my own heart about what I will find - whether "good" or "bad. Perfectly written. Rather, it is an outline, or a map, to help you find your own method to peace. A must read for spiritual seekers navigating today's world I found this book at an ideal time, when We was struggling to take part in the modern world of corporate work and realities while also yearning to follow a spiritual route and deepen my yoga practice. I will definitely become handing this out to my friends. I strongly recommend scanning this book.. His writing is obvious and concise. This is a must have in the event that you simply just want to know more about yoga exercises philosophy in a straightforward easy to under way from Darren... publication before I bought the audio book--and I am glad that I did I've read this reserve before I bought the audio book--and I am glad that I did so, as it was a great audio book. Like the best passage claims, 'When the student is ready, the teacher will appear. . Interesting book. Interesting book. Darren Main seems to believe that if he makes a claim, he doesn't need to back again it up as well as contextualize it. He presents gems of wisdom that whet the appetite for more. Just what I needed I needed this book a lot more than I knew. It's been insightful and just the right mix of information and motivation. A must-read for anyone wanting to start their yoga journey, specifically beyond the mat. Just what I want! I am so pleased I purchased this reserve. This book can be a must-read for anyone wanting to learn more about yoga. From the very beginning, when the author shared an event to be all chill and calm after his morning routine and then facing a jarring rush back to actuality in this often rude and mean-spirited globe, I was hooked! Browse this book! It'll nourish and inspire, offer you a bit of wish, put a nice big smile on your own face! I wasn't alert to how much I required the deeper level this publication provides until I examine it. The philosophy of yoga was clearly described and I cherished the author's personal stories he included aswell This book greatly exceeded my expectations. The philosophy of yoga was obviously described and I loved the author's personal stories he included as well! Exactly what I need to examine in these challenging times. A must read! This book perfectly weaves two worlds of lifestyles, modern and yogic." It isn't an instruction manual to tell you just how to live your life, or spoon feed you what you think you need. The only drawback is that now I'm going to need to buy a print version, so I could make notes and highlights. This publication changed the way I approach the modern world as a spiritual seeker. Darrien lays complex concepts in manner that's very easily understood and digested.



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