



The Spiritualising of the Body

By Heinz Grill

Lammers-Koll-Verlag Jan 2005, 2005. Buch. Book Condition: Neu. 213x149x25 mm. Neuware - The flower-garden Religion, sacrifice and yoga The significance of the asana Practical aspects for working with the exercises Relaxation The beginning of the exercises - the cosmic prayer The preparatory standing positions The triangle and the wide circle The shoulderstand with plough and bridge The inclined plane with triangle The lying-triangle positions The fish The tree The tip-toe position The St. Andrew's cross The balance position The carefree face The balancing head-knee position The locust The bow The horse The half-diamond The crow positions The head-knee position and the twist The camel and the diamond The sitting twist The turtle The wheel The yoga sleep The peacock The cobra The complete bow The dove The headstand, the scorpion and its cycle The half-moon and the dancer The crow and the handstand Lectures About attitude Spiritual sadhana In comparison to the way of practising yoga now familiar in the West, this spiritually and artistically-oriented path of spiritual training places less emphasis on a technical method and more on the uniqueness of meditation in its pictures and choice of words. The exercises have been taken from the broad dimension...



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