



The Eight Limbs of Yoga: A Handbook for Living Yoga Philosophy

Stuart Ray Sarbacker, Kevin Kimple

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A clear, concise guidebook to the essentials of yogic thought and practice

Many people think yoga simply means postures and breathing. Not true. The intention of this short guide is practical and straightforward: to say what yoga really is and to apply its principles to everyday life. It leads us through the eight-limbed system, a coherent framework that has been handed down and elaborated upon for thousands of years and consists of five "outer limbs," which pertain to our experience of the social world and the operation of our senses, and three "inner limbs," which focus on the mind. Stuart Ray Sarbacker and Kevin Kimple present the eight-limbed system as something that can be turned to again and again to deepen and expand understanding and practice. As an introduction and overview to the essence of yoga, *The Eight Limbs of Yoga* is unparalleled for clarity, usefulness, and concision.

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