



Yoga Heart: Lines on the Six Perfections

By Leza Lowitz, Akiko Tanimoto

Stone Bridge Press. Paperback. Book Condition: new. BRAND NEW, Yoga Heart: Lines on the Six Perfections, Leza Lowitz, Akiko Tanimoto, "Yoga Heart is a tiny treasure to hold and to behold. Even the typography and colors are food for contemplation. highly recommended for people who will not only read the lines for enjoyment, but also use them for contemplation and right action in life." --New York Journal of Books These sixty poems on the Buddha's six "perfections," or qualities for a meaningful life--generosity, kindness, patience, joy, stillness, wisdom--were written over years of yoga and meditation practice, inspired by Tibetan Heart Yoga, nature, Buddhism, Osho, Tantra, ancient Japanese and Chinese poetry, Rumi, Kabir, haiku, love, and life. They seek to capture a journey from the physical body to the subtle body to the light body, until the heart bursts open into the beautiful radiance of divine energy in the world. Leza Lowitz is an award-winning author and editor. She owns Sun and Moon Yoga Studio in Tokyo and has written for Yoga Journal and Shambhala Sun. All author proceeds from the sale of this book go to relief efforts for people and animals affected by the Great East Japan Earthquake of March...



READ ONLINE
[4.77 MB]

Reviews

A whole new electronic book with a new point of view. It can be full of knowledge and wisdom Its been written in an exceedingly simple way which is only following i finished reading through this pdf in which really modified me, modify the way in my opinion.

-- **Arianna Nikolaus**

This ebook is wonderful. I have got go through and so i am certain that i am going to likely to read through once again again later on. You will like the way the article writer compose this ebook.

-- **Miss Ariane Mraz**