

# All Life Is Yoga: A Path to Freedom and Fulfillment for Yogis of All Levels



## All Life Is Yoga: The Inward Movement In Yoga

by Nicola Field

★★★★☆ 4.8 out of 5

Language : English

File size : 2116 KB

Text-to-Speech : Enabled

Screen Reader : Supported

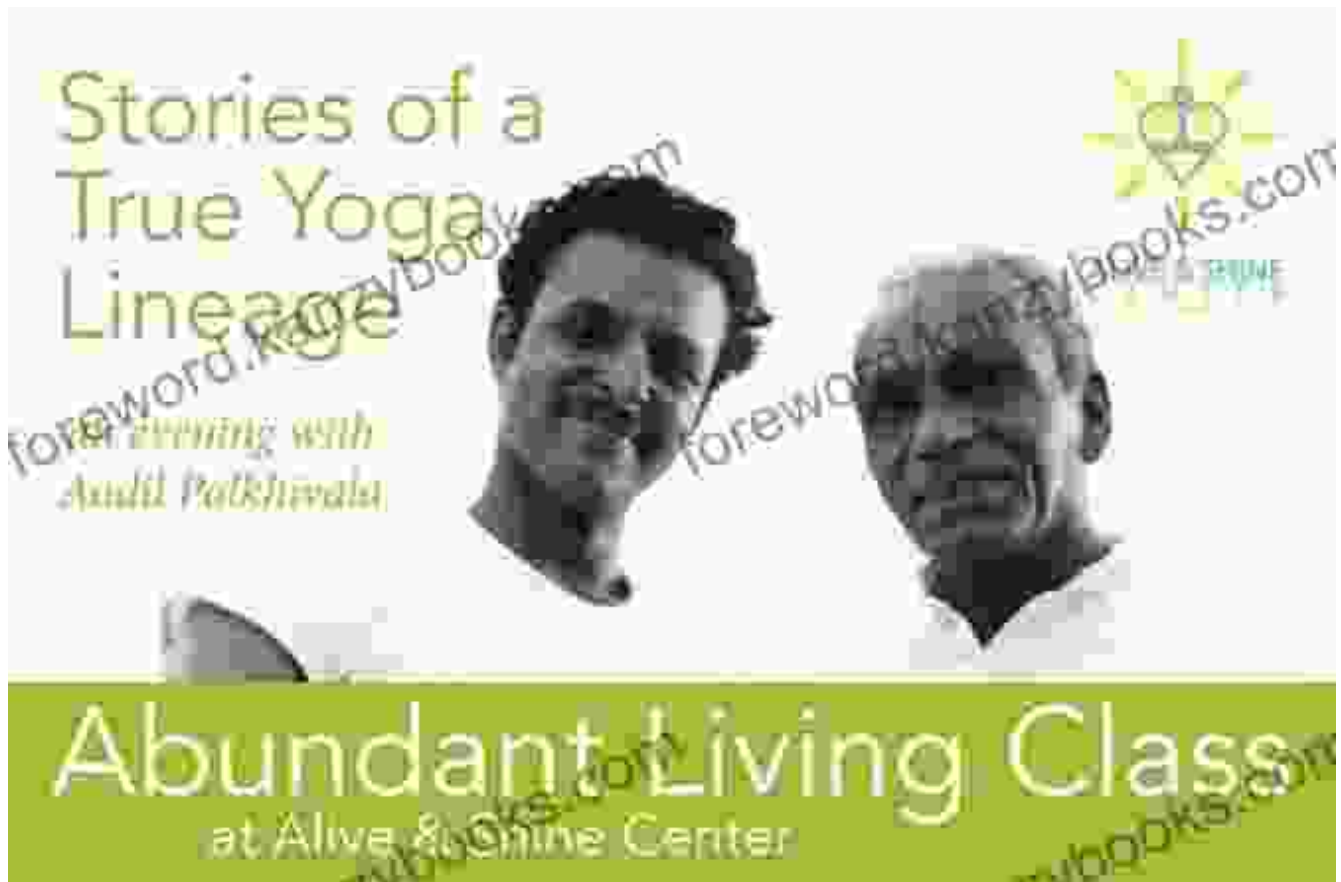
Enhanced typesetting : Enabled

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Print length : 83 pages

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In his latest book, *All Life Is Yoga*, world-renowned yoga teacher and author Aadil Palkhivala offers a unique perspective on yoga, showing how it can be applied to all aspects of life, both on and off the mat.

Palkhivala begins by explaining the basic principles of yoga, including the eight limbs of yoga and the yamas and niyamas. He then goes on to show how these principles can be applied to everyday life, in areas such as work, relationships, and personal growth.

For example, Palkhivala explains how the principle of ahimsa (non-violence) can be applied to our interactions with others. He also shows how the principle of santosha (contentment) can help us to find happiness in our lives.

*All Life Is Yoga* is a comprehensive guide to the principles and practices of yoga. It is written in a clear and accessible style, and it is packed with practical tips and advice. Whether you're a beginner or an experienced yogi, this book will help you deepen your practice and live a more fulfilling life.

## **About the Author**

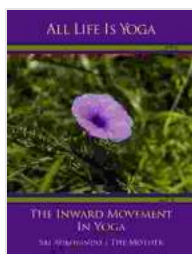
Aadil Palkhivala is a world-renowned yoga teacher and author. He has been teaching yoga for over 25 years, and he has written several books on the subject, including *Yoga for Dummies* and *The Complete Idiot's Guide to Yoga*.

Palkhivala is a passionate advocate for the benefits of yoga. He believes that yoga can help people to live healthier, happier, and more fulfilling lives.

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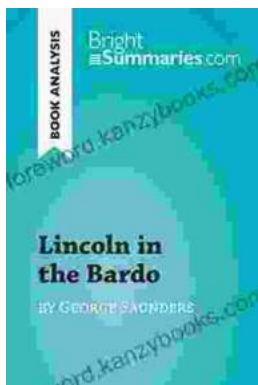
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