

Yoga, Meditation and Spiritual Growth for the African-American Community

Written by Kam Williams

Wednesday, 18 June 2014 15:58



"This book is for you, the everyday person, the person who works, has a family (or not) and wants to stay stress-free, happy, fulfilled and healthy. This book will lead you, the yoga aspirant and participant, to that place.

It has a lovable and knowledgeable approach, as if the readers were right in my yoga studio at the Doolin Healing Sanctuary... You too can do yoga regardless of where you are or how limited you are.



The main idea is that everyone can benefit from yoga and meditation, and can start to use it wherever they are in their life."

-- Excerpted from the Introduction (page vii)

Yoga has exploded in popularity around the country in recent years, as proven by the profusion of women you see walking down the street everyday with a rolled-up rubber mat under their arms. The fad appears poised to take the black community by storm, with even hip-hop mogul-turned-yoga practitioner Russell Simmons becoming a vocal proponent of adopting a meditative Eastern path.

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When you are sitting in a meditative pose, you should be aware of your posture. The spine should be straight, the shoulders should be relaxed, and the hands should be resting on the knees. The mudra should be held for a few minutes, and then the hands should be released. This is a good time to take a few deep breaths and to focus on your breath.

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**IF YOU CAN BREATHE
YOU CAN DO YOGA AND FIND
INNER AND OUTER PEACE**



**THE ULTIMATE YOGA BOOK
FOR BEGINNERS AND THE YOUNG AT HEART**

Daya Devi-Doolin

**"YOGA, MEDITATION AND SPIRITUAL GROWTH is for you, the yoga aspirant, for the everyday person, the person who works, has a family and wants to stay stress-free, happy, spiritually fulfilled, mentally and physically healthy."
-Daya Devi-Doolin**

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