



Yoga: An Introduction to Yoga

Lois Hewitt

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Yoga is a time-honoured system of balancing mind, body and spirit. Originally part of the mystical wisdom of Indian philosophy, Western cultures have mostly emphasized its physical practices. These are, however, only one aspect of the integrated way of life which yoga provides.

This introduction explains:

- ways to use yoga thought and action in daily life
 - simple methods for relaxing and meditating
 - how to take charge of your own health and energy
 - how yoga postures fit into the total yoga system
 - the secrets of personal peace and stability
- Lois Hewitt is an experienced yoga practitioner and teacher. She is also a journalist specializing in health, fitness and alternative medicine.

Lois takes an active interest in studying spiritual and mystical traditions worldwide.

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