



## **The Poetry of Yoga: Light Pouring from Pens (Poetry of Yoga Series)**

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# The Poetry of Yoga: Light Pouring from Pens (Poetry of Yoga Series)

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Hafiz, Gibran, Neruda, Rumi . . . their yoga mats were blank pieces of paper; they did asana with pencils between their fingers; their pranayama was inverted metaphor; and their Samadhi was uninhibited, naked poetry. Yoga is a journey, an intricate dance of mind, body, breath, and spirit. It is cultivation of self-awareness through reflection. *The Poetry of Yoga* is an ecstatic gathering of poetry written by some of the most accomplished and well-known spiritual teachers of our time. Poems are set in the following yogic themes: compassion, desire, freedom, transformation, and service. A book all yoga practitioners cherish and return to over and over for nourishment and inspiration.

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