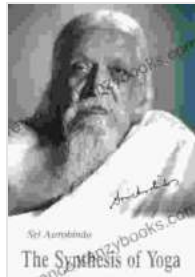


# Synthesis of Yoga: A Guide to the Theory and Practice of Yoga



## Synthesis of Yoga by Alyce M. Sorokie

★★★★☆ 4.8 out of 5

Language : English  
File size : 1489 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 928 pages



Synthesis of Yoga by Alyce Sorokie is a comprehensive guide to the theory and practice of yoga. It is written for both beginners and experienced practitioners, and it offers a unique and integrative approach to yoga that emphasizes the connection between the physical, mental, and spiritual aspects of the practice.

## The Book

The book is divided into three parts. The first part provides an overview of the history and philosophy of yoga. The second part covers the physical practice of yoga, including asanas (postures), pranayama (breath control), and meditation. The third part explores the spiritual aspects of yoga, including the eight limbs of yoga and the concept of moksha (liberation).

Sorokie's approach to yoga is based on the belief that yoga is a holistic practice that addresses the whole person. She writes, "Yoga is not just about physical postures. It is about connecting the body, mind, and spirit. It is about finding balance and harmony in all aspects of our lives." This integrative approach is reflected in the book's content, which covers a wide range of topics, from the history of yoga to the latest scientific research on the benefits of yoga.

## **The Author**

Alyce Sorokie is a certified yoga teacher and author. She has been practicing yoga for over 20 years, and she has taught yoga to students of all ages and experience levels. She is the founder of the Yoga School of New York, and she has written several books on yoga, including *Synthesis of Yoga*.

Sorokie is a passionate advocate for the benefits of yoga. She believes that yoga can help people improve their physical health, mental health, and spiritual well-being. She writes, "Yoga is a powerful tool for transformation. It can help us to become healthier, happier, and more fulfilled." Sorokie's book, *Synthesis of Yoga*, is a valuable resource for anyone who is interested in learning more about yoga or deepening their practice.

*Synthesis of Yoga* is a comprehensive and authoritative guide to the theory and practice of yoga. It is written for both beginners and experienced practitioners, and it offers a unique and integrative approach to yoga that emphasizes the connection between the physical, mental, and spiritual aspects of the practice. If you are interested in learning more about yoga or deepening your practice, I highly recommend this book.

## Reviews

"Synthesis of Yoga is a must-read for anyone who is serious about yoga. Alyce Sorokie's approach to yoga is comprehensive, integrative, and grounded in the tradition of yoga. This book is a valuable resource for anyone who wants to learn more about yoga or deepen their practice."

- B.K.S. Iyengar, founder of Iyengar Yoga

"Alyce Sorokie's Synthesis of Yoga is a beautifully written and comprehensive guide to the theory and practice of yoga. This book is a valuable resource for anyone who is interested in learning more about yoga or deepening their practice."

- T.K.V. Desikachar, founder of Viniyoga

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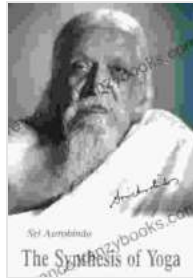
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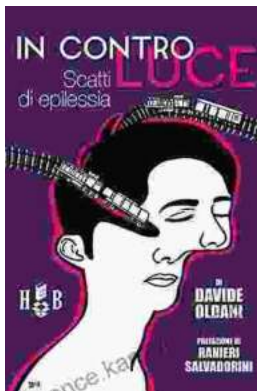
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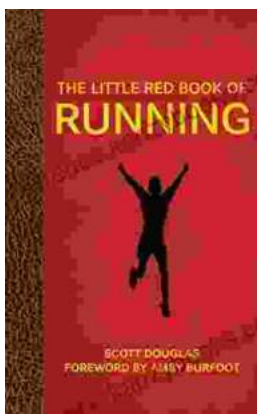


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In Contro LUCE Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



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