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## Yoga Assists (Paperback)

By Sharon Gannon, David Life

Open Road Media, United Kingdom, 2014. Paperback. Book Condition: New. 213 x 208 mm. Language: English . Brand New Book. In this book, world-renowned Jivamukti Yoga practitioners Sharon Gannon and David Life use the word assist to communicate the idea that in yoga there are actually two beings interacting together on various levels of consciousness to foster a decrease in avidya, mis-knowing, and an increase in vidya, or the knowing principle. A yoga assist, then, is action taken in a microcosmic relationship that reveals macrocosmic truths. It is action undertaken in mutuality with the best of intentions and the blessing of the teacher's teachers. The giving of yoga is an art. Yoga assists are not static; they comprise a flowing dance of body, breath, and energy. They are based on continuous focus and awareness of the relationship between partners in the process. It takes two to tango! As in tango, in each encounter between yoga student and teacher, there is an equation of reciprocity. Whether we receive or give an assist is an active process in the resolution of a relationship, a transmission, a dance. In this sense, the relationship between teacher and student is a microcosm of the...



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