



Weight-Resistance Yoga: Practicing Embodied Spirituality

Max Popov

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Transform strength training into a mindful, meditative practice

- Explains how to induce a calm, meditative state through the movements, breathing, and focus of strength-training exercises
- Contains illustrated instructions for 26 exercises to safely strengthen the neck, shoulders, arms, hips, knees, ankles, and torso
- Offers themed meditations on the embodied experience of the exercises to facilitate a mindful state during your session
- The perfect complement to a yoga flexibility practice

Applying the wisdom of hatha yoga to weight-lifting exercises, *Weight-Resistance Yoga* reveals how to transform a strength-training session into a mindful, calm, and meditative yoga practice. Through 26 fully illustrated weight-resistance exercises using machines, free weights, and the body itself--along with an emphasis on coordinated rhythmic breathing, stability, stillness, and full absorption in the body's movements against resistance--fitness trainer Max Popov explains how to access the tranquility that dwells within each of us while safely, effectively, and efficiently strengthening your neck, shoulders, arms, torso, hips, knees, and ankles. To support the meditative state of this practice, the author includes 20 themed meditations on the embodied experience of the exercises.

The perfect complement to yoga flexibility practice, weight-resistance yoga allows you to fully inhabit your body, empty your mind of everyday preoccupations, and fill your soul with comprehensions of deeper realities, providing strength, calm, and spiritual illumination through your physical fitness work.

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