



Seven Spiritual Laws of Yoga by Deepak Chopra

Deepak Chopra and David Simon

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Practitioners of meditation and yoga around the world have long awaited the introduction of a Chopra Center yoga program designed, developed, and practiced by Drs. Deepak Chopra and David Simon. In response, Drs. Chopra and Simon have designed The Seven Spiritual Laws of Yoga - a yoga program grounded in the union of body, mind, and spirit - the union of individuality with the divine intelligence that orchestrates the universe. Integrating the 5000-year old Vedic wisdom of Ayurveda and the yogic interpretations of Drs. Chopra and Simon, The Seven Spiritual Laws of Yoga artfully blends meditation, breathwork, yoga sutras, sun salutations, asana development, mantra study, Sanskrit sessions, chanting, anatomy, and spiritual discussions. Whether you are already a practicing yogi or are about to take your first class, The Seven Spiritual Laws of Yoga is a must-read for all those on the path of body-centered restful awareness. In addition to the book just described and for sale here, we mention the yoga program at The Chopra Center based on the same material with a more in-depth experience. The Chopra Center Seven Spiritual Laws of Yoga Instructor Certification Program "Any reason for practicing yoga is a good reason. Enhancing flexibility and releasing stress are as noble a purpose for performing yoga as the awakening of spirituality. This is the great gift of yoga - it serves and nourishes us at every level of our being and spontaneously contributes to greater well being in all domains of life. Yoga will help you discover gifts within yourself that have remained unopened since your childhood - gifts of peace, harmony, laughter, and love." The Seven Spiritual Laws of Yoga by Drs'. Deepak Chopra and David Simon Practitioners of meditation and yoga around the world have long awaited the introduction of a Chopra Center yoga program designed, developed, and practiced by Drs'. Deepak Chopra and David Simon.

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