



The Heart And Science of Yoga: A Blueprint for Peace, Happiness And Freedom from Fear

Leonard Perlmutter, Jenness Cortez Perlmutter

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The Heart and Science of Yoga is both the record of a personal journey and a practical, transformational teaching. You'll find easy-to-learn meditations, prayers, teaching stories from the world's great spiritual traditions, breathing practices, a user's guide for the mind, techniques for accessing intuitive wisdom, an introduction to Ayurvedic health principles, an holistic program of easy, gentle exercise, and an extensive glossary and index. This is the perfect companion and guide on the greatest adventure you will ever have your personal journey to peace, happiness and freedom from fear.

The Heart and Science of Yoga is endorsed by medical pioneers; Dr. Oz (Mehmet Oz MD), Dean Ornish MD, Bernie Siegel MD, and Larry Dossey MD.

This book is the recipient of National Book Awards: Eric Hoffer Award (2007), ForeWord Magazine Awards (2006), Benjamin Franklin Award (2006), Nautilus Book Award (2007), Independent Book Publisher Award (2006).

The Heart and Science of Yoga[™] book serves as the text for The American Meditation Institute's course: AMI MEDITATION: The Heart and Science of Yoga[™] Comprehensive Training in Holistic Mind/Body Medicine


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