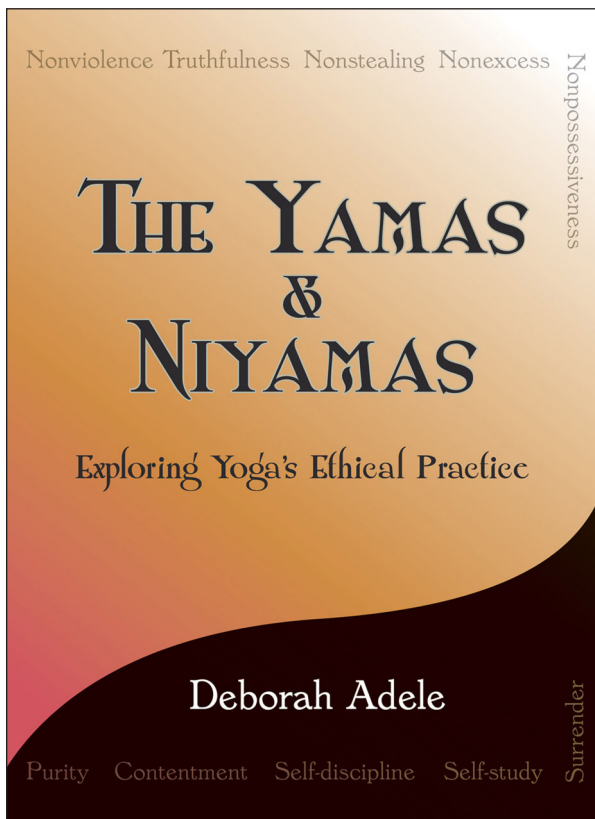


THE YAMAS & NIYAMAS:

Exploring Yoga's Ethical Practice

by Deborah Adele



Overview:

The *Yamas & Niyamas*, as the first two limbs of Yoga's eight fold path, are foundational to all yogic thought. But up until now it has been difficult to find information about them. Finally there is a book dedicated to these important concepts.

In this book each *Yama* and *Niyama* has been given its own chapter in which the philosophy of the guideline is woven with practical examples and stories. At the end of the chapter Deborah provides questions that challenge the reader to find deeper insight. This book is written to serve either as the student's textbook for a teacher-lead, in-depth study, for peer study groups, or for the individual on a personal journey.

Reviews:

"Beyond moral precepts, the Yamas and Niyamas are guidelines for living a healthy life. Deborah Adele brings this ancient wisdom to light with modern tales common to us all."

- Anodea Judith, Ph.D., author of *Eastern Body-Western Mind*

"*The Yamas & Niyamas* is a great book. It is one that I have been looking for, for a long time. Deborah's style is fresh and truthful, her writing inviting and inspiring, and her suggestions for integrating the concepts into life - downright simple. You'll learn a lot from this book and along the way you will have fun exploring yourself."

- Susi Hatley, yoga teacher and author of *Anatomy & Asana*

"...These guidelines will certainly motivate readers to get rid of negative habits and adopt positive values."

- Tathaastu Magazine, August-September 2009

Book Stats:

The book is soft cover, 5½ x 7½, 192 pages, B&W text with illustrations, embossed 4-color cover, and retails for \$14.95. Available now.

Ordering Information:

Yoga studios, teaching centers, retailers, wholesalers and book clubs.

To order in quantity, contact IPG Distribution.
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Individuals can order direct from their favorite local bookseller or Amazon.com, etc.

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About the Author:

Deborah Adele holds two master's degrees, several yoga certifications, and is also trained in Gestalt Theory and Somatic Education. From 1999-2012, Deborah built and co-ran Yoga North, a center that continues to flourish.

In 2009 she published *The Yamas & Niyamas: Exploring Yoga's Ethical Practice*, which has become an international best-seller and a modern classic. Both of her books are go-to books for the serious yogi or for anyone seeking deeper understanding of self.

Deborah's writing and teaching leave participants with a dynamic combination of hope, inspiration, and practical knowledge.

To download a sample chapter, the TOC, the free Facilitator's Guide, or read more about the author and the book, visit www.theYamasandNiyamas.com and www.DeborahAdele.com.