



From The Chariot: Yoga Wisdom For Modern Living

Nand Narine

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From the Chariot brings you sacred knowledge which has guided the behaviors and lives of countless generations before us. The author has selected a verse from each of the eighteen Chapters to provide a good overview of this Divine Song of the Lord. Using modern events, stories, examples and personal experiences, he explores the significance of the Divine conversation and provides practical advice.

As you read each Chapter of this book, you will find nuggets of wisdom to apply in your own everyday life. The role of the senses become apparent and your inner potential is revealed.

IMPORTANT LESSONS:

This book will give you an understanding of:

- The Foundations of a Yoga lifestyle
- The Different Body Types
- What challenges occur along the Spiritual Path
- Managing our five senses
- The Importance of Nutrition

In this book you will find the answers to these questions:

- Why is Yoga so popular today?
- What gives me purpose in life?
- Can I live a spiritual life ?
- What are some healthy food choices?
- How can I benefit from practicing yoga?

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Jennifer Evans:

A lot of people always spent all their free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent all day every day to reading a e-book. The book From The Chariot: Yoga Wisdom For Modern Living it is quite good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to bring this book you can buy often the e-book. You can m0ore easily to read this book from a smart phone. The price is not very costly but this book offers high quality.

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