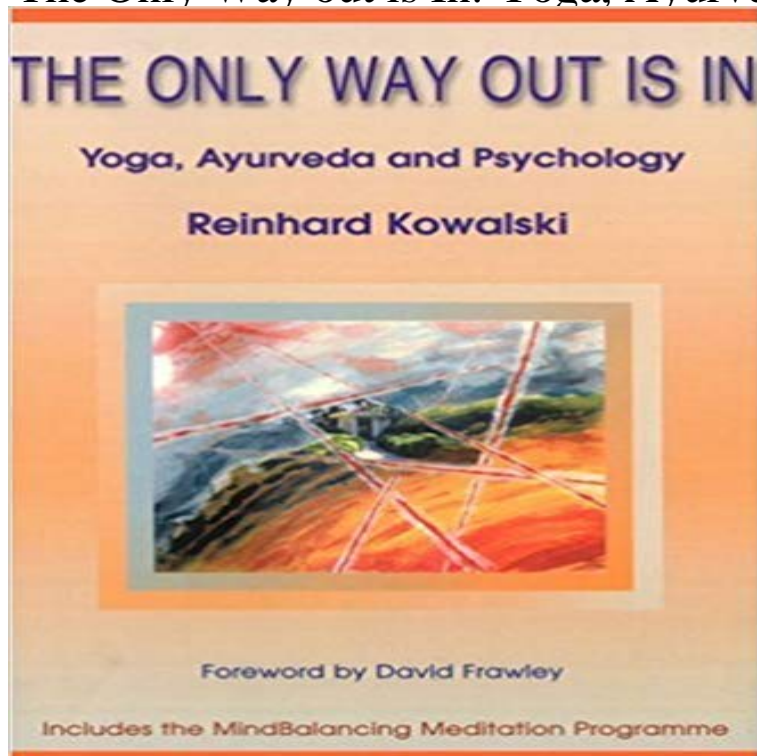


## The Only Way out is In: Yoga, Ayurveda and Psychology



A practical guidebook for spiritual seekers that provides a bridge between the best in Western psychology and the most relevant in yogic spirituality. It provides maps for an inner journey. Meditation, breathing techniques, mantra and devotion are presented as practical psychological tools to change our thoughts, emotions and deep-seated conditionings. The book shows a clear way of tapping into our inner sources of peacefulness and strength so that we can reclaim our immortal joy and creativity in life.

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