Connecting the mind, body and spirit, this book brings together an ancient science for healthy living with daily modern living. Written by experienced yoga teachers who are also medical professionals, it is believed to be the first fully comprehensive yoga teacher training textbook following the USA Yoga Alliance Syllabus.

Suitable as part of a western medical training curriculum and as a guide for yoga teachers and therapists to deepen their yoga practice, this book is written in a simple format, making it suitable both for the professionals and the layperson searching to improve their overall health and well being.

Sample chapter available for download at www.sunyoga.com

About the Authors:

Jacqueline Koay is the Founder and Director of Sun Yoga, a global not-for-profit organization with over 450 teachers worldwide, propagating the Sun Yoga philosophy of healing through yoga. Educated at the University of Manchester and Oxford University, England, Jacqueline is a highly regarded yogi, scientist and author. She’s the mother of five, and divides her time between Bronxville NY, England and the Far East. www.jacquelinekoay.com

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Testimonial:

An intelligent and revealing articulation of yoga to the highest level, this book demonstrates a deep understanding of the essence of yoga and is an instruction manual that thoroughly dissects—and clearly conveys—every aspect, facet and dimension of this ultimate life science. The authors’ personal style of writing brings dry facts to life, provides enjoyable reading and is an accurate and effective teaching tool.

Martha Lonergan, Yoga Acharya
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