



Yoga: The Iyengar Way, Part II: Revised and Expanded Edition

By Shyam Mehta

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Yoga: The Iyengar Way, Part II: Revised and Expanded Edition By Shyam Mehta

Yoga is a personal journey to find God. Others can give you advice. It is not to do with worshiping a guru or swami or following a pack in an ashram.

Here are some things that happen if you do yoga without listening to God:

- Yoga exercises destroy your sex drive
- Yogic breathing techniques destroy your ability to think
- Yogic meditation makes you dull and eventually you become mad.

The health benefits of doing yoga (which I also discuss) are offset in later life by a deterioration.

The true purpose of doing yoga is to awaken your Kundalini energy. It is for this reason that everyone should practice yoga.

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