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By Yogani

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Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices - Easy Lessons for Ecstatic Living (two comprehensive user-friendly textbooks), and The Secrets of Wilder, a powerful spiritual novel.

The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. "Samyama" is the fifth book in the series, preceded by "Asanas, Mudras and Bandhas," "Tantra," "Spinal Breathing Pranayama," and "Deep Meditation."

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Editorial Review

About the Author

Yogani is the author of the Advanced Yoga Practices (AYP) system, including more than a dozen Instructional Titles available in Paperback, Kindle eBook and AudioBook editions, covering all aspects of Full-Scope Yoga Practice. Since 1970, he has crossed the lines between many traditions, developing an effective integration of methods including Deep Meditation, Spinal Breathing Pranayama, Hatha, Kundalini, Tantra, Self-Inquiry, and more. It is a flexible, scientific approach rather than a rigid, arbitrary one, and open to public scrutiny, as all spiritual knowledge should be nowadays. He has no desire for guru status - only to have the joy of making a small contribution to helping the disciplines of spiritual practice become open to everyone. He wishes to remain anonymous, preserving a quiet life in practices. AYP is not about the author. It is about all who long for knowledge. ?

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