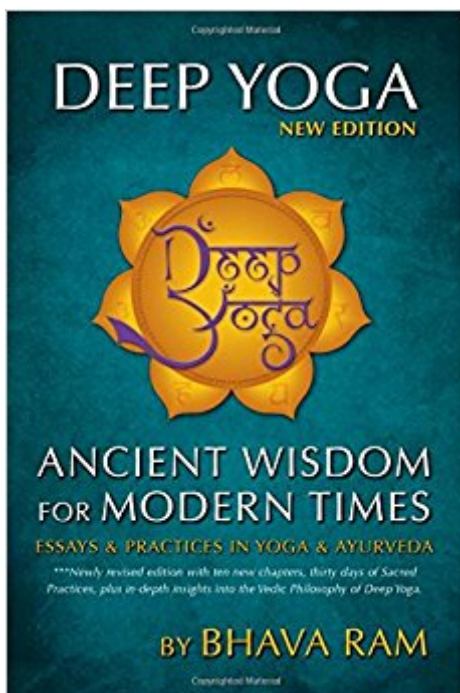


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# Deep Yoga: Ancient Wisdom For Modern Times



## Synopsis

\*\*\*Newly revised edition with ten new chapters, thirty days of Sacred Practices, plus in-depth insights into the Vedic Philosophy of Deep Yoga. The ancient sister sciences of Yoga and Ayurveda provide a pathway to self-healing, physical and mental vibrancy, and ultimately to Self-realization. Bhava Ram brings this timeless wisdom into your life in personal, relevant, and easily applicable ways, offering you a host of techniques for coping with the stressful challenges of your modern life. This book is a newly revised edition of the first release of Deep Yoga: Ancient Wisdom for Modern Times, with ten new chapters, thirty days of sacred practices, plus in-depth insights into the Vedic Philosophy of Deep Yoga. Whether you are a beginner or seasoned practitioner, this book will inspire you to reaffirm your commitment, deepen your practice, and achieve great balance in body, mind, and soul.

## Book Information

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## Customer Reviews

Bhava Ram has done it again! After escaping from the jaws of a Desert Storm - inflicted cancer death, this former war correspondent abandoned Western Medicine and immersed himself totally into the Yogic life. The result has been a complete healing and emergence into robust, dynamic health. Now, for his encore, he brings to every man and woman, Deep Yoga: Ancient Wisdom for Modern Times. Deep Yoga, I submit, is a well-conceived roadmap toward achieving optimal health, wellness, serenity, and success. Does that sound like a journey worth taking? Written in down-to-earth, easily understood language, with no more ancient terms and concepts than

necessary (and those are collected in a nifty Sanskrit glossary in the back), Bhava leads his reader step-by-step into a relationship that promises immediate energy increase, and on a deeper level, the tools that enable each one of us to achieve peace of mind. Through this outpouring of love and wisdom, synthesized into manageable bites, Bhava connects us with our higher self, leading us to become one with the entire universe. A quick read of any daily newspaper front page will certainly bring unanimous agreement that we all desperately need this Ancient Wisdom in these troubling times. So I shout to all; Go get yourself a healthy dose of this wonderful stuff: Go Deep Yoga! --Jerry Bryant, Publisher, Minister, Teacher

Bhava Ram is co-founder of Deep Yoga, a yogic system based upon Vedic Scriptures, Hatha, Tantra and Ayurveda that goes deeply into the mind/body/soul connection, guiding students and clients towards greater self-understanding, purification, inner-healing and deeper consciousness. Bhava's creation of Deep Yoga is the result of profound personal transformation after living with terminal illness and chronic pain, an experience that gave him a passion for sharing the transformative healing power that can be unleashed and mastered through the sacred sciences of Yoga & Ayurveda. For 25 years, Bhava was a broadcast journalist, working for television stations across the country and ultimately as a foreign correspondent with network news. He lived and worked throughout the world, including Africa, South America, Asia and the Middle East. An accident left him with a broken back. A failed surgery rendered him crippled and in severe chronic pain. This cost him his career and any ability to work. Several years later, Bhava was diagnosed with a rare and fatal form of throat cancer - most likely contracted from chemical exposure during the Persian Gulf War. Western doctors gave him two years to live. Towards the end of those two years, on the brink of death, Bhava found Yoga. It immediately struck a chord deep in his soul. He left western medicine behind and fully devoted himself to sadhana (daily yogic practice and study), delving into every aspect of the art and science of Yoga, practicing and studying 12-16 hours per day for the first several years. Through this process, Bhava Ram self-healed both his broken back and his "terminal" cancer. He now devotes his life to sharing the miracle of self-healing with others, believing fully that we all have the inherent power to take charge of our destiny, heal ourselves and effect lasting personal transformation in our lives. Deep Yoga is an expression of this belief and devotion. Bhava is certified as an Advanced Yoga and Ayurveda Educator through the American Institute of Vedic Studies. He has completed additional courses in The Yoga Sutras, Vinyasa Krama (the art of sequencing) and Yoga Chikitsa (Phoenix Rising Yoga Therapy). He is also certified by the Yoga Alliance as an E-RYT at the 500-hour level. Deep Yoga is registered as a teaching school with

the Alliance. Bhava leads retreats, workshops, trainings and seminars with his wife, Laura Plumb, co-founder of Deep Yoga. He teaches Deep Yoga and Deep Healing classes at Ginseng Yoga Studio in San Diego and works with a host of private clients.

I have a yoga book problem. I simply can't stop buying them. I should note that I have "finished" very few of them. This is one of the lucky few that made the grade and kept my interest throughout. I've been practicing and studying yoga for fifteen years and this is by far one of the BEST books I've ever read on the subject. Bhava Ram is an exceptional writer and very knowledgeable about his subject. A combination that I have seldom found in contemporary yoga literature. I can't recommend this book enough. BUY IT - STUDY IT - LIVE IT!

I have read countless books....mostly on the topics of health, nutrition, etc. So.....I know a good book (which is sometimes a hard find). Bhava Ram books are amazing!!!! He has become one of my favorite authors. I first read his book "Warrior Pose" (amazing book!) about a year ago and proceeded to read the book aloud to my family--its a story everyone should hear...totally inspirational. I have since read 2 more of his books---both excellent reads. Bhava Ram writes some of the best books on self healing and living a yogic lifestyle.

This is a life changing book when you are ready to take charge of your own life.. As a health care professional I want to see vast changes to our medical system however, in the mean time you can take charge of creating positive and effective life altering habits which will significantly improve your mind, body and spirit. Not only is my chronic back pain gone, with daily yoga and meditations learned in this book, but this book has allowed me to begin to see my body and mind as a sacred temple being mindful of everything I ingest and everything I absorb around me....It has also given me the personal power to move through a divorce with grace, compassion and forgiveness. Thank you Bhava Ram

This writer does not talk back at the reader or give advice , as much as he just gives examples to show how your own intuition will bring wisdom. He does discuss the Buddha principles of "do no harm to yourself or others" (among other principles) and then he shows how they can apply in every day life. It is a book you can refer back to again and again. I read it at the airport--good for calming the nerves while waiting and waiting...

This is one of those books that you have read several times, and each read reveals new insight. He covers a lot of information regarding the origin and practice of Yoga. VERY glad I read this!

I loved this book, it's very well written. Bhavna Ram has very sensitively explained how to live Your life like a yogi . Very warmly written.

This is a must read for everyone who has ever wondered or wandered past the asana class in yoga. There is more to yoga than just poses!

Excellent information and well written.

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