

Yoga and Vipassana : An Integrated Lifestyle

By Amit Ray

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Buddha's Vipassana Meditation and Patanjali's Yoga Sutra are integrated and combined together in this book in a coherent manner. This is intended for those people who want to explore and utilize the benefits of the two ancient techniques of yoga and vipassana in a seamless manner. It is planned for developing deep wisdom, great calmness, joy and blissfulness in the midst of a busy life. The fundamentals of yoga and vipassana are presented in a coherent manner. The latest scientific evidence and health benefits are incorporated in the integrated model intelligibly. The basic structure and the principles of the integrated yoga and vipassana are clearly explained in great detail. Three forms of integrated yoga and vipassana meditations are formulated and discussed. They are as follows: daily formal meditation, daily informal meditation and meditations in retreats. The book is intended for the beginners as well as for the advanced practitioners of yoga and vipassana meditation.

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Editorial Review

Review
For getting perfect balance in physical fitness, mental strength, beauty and happiness, this book is an asset. Mindfulness Meditation and Yoga are complementary to each other. In this book Dr. Amit Ray shows in a scientific manner the ways and means, the methods and techniques to combine these two ancient teachings in a seamless manner. The sequence of the selected yoga postures with mindfulness are having wonderful result. Recent scientific researches on neuroscience proved the benefits of these two techniques in several studies. Ray shows the practical ways to use them in busy life. Whether you have no background in mindfulness meditation or yoga or have been practicing for years, this book is for you. The presentation of the book is plain, simple and penetrating. This is easy to follow. There is something good for everyone, from beginning students to more advanced practitioners. ---- Goodreads.com

I really liked this book. It has enough information to open your eyes, but not too much to scare you away. This is a book that has to be read slowly and with determination, with many pauses for looking-off-into-the-distance-deep-in-thoughts and practices. In the book Amit Ray continually brings the focus back to the simple and perfect practice of sitting, standing, walking postures and mindfulness. Ray talks as a good spiritual friend. In this book Amit Ray expresses the heart of Yoga and Vipassana in the simplest but most profound ways. Overall, I really enjoyed this book and I absolutely learned a lot from it. -- Dale Rickee ---- Goodreads.com

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