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deities principles practices meditations
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It will take a long time to read even just
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several times so that you are intimately
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teaching and practice is not like the usual
yoga practiced in the West It is a practice
of rLung and exercise of the mind purely
based on spiritual development a tantric
tradition of master Pundit Naropa and Lama
Marpa Lotsawa'*

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the Fountain of Youth exercises as they are
often referred to is a yoga sequence
considered to be over 2 500 years old
Enpassing a range of health benefits
it'*

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Niyamas Healthy net**

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principles and practices of Tibetan yoga in
this pioneering overview In addition to
meditations visualizations and practices
for the breath and body these include
elements rather less familiar to yoga
initiates in the West including sexual yoga
dream yoga or lucid dreaming and yoga
practices enhanced by psychoactive plant or
mineral substances'**

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Hatha Yoga is in identifying and perfecting
these breathing practices the Tibetan yoga
of breathing shows how these practices can
be applied to the practitioner?s personal
life with the goal of releasing the chains
of attachment and ultimate liberation Hatha
Yoga draws the map and Tibetan Buddhism
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augment meditation to take advantage of the
body mind connection so that your
meditation period is lucid and fresh Rather
than just sit for a long period of
meditation practice where the mind is
distracted dull or lethargic Tibetan Yoga
practices can be interspersed with silent
sitting practice'

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