

# THE LOTUS AND THE STARS

The Way of Astro-Yoga

by Rob MacGregor & Trish MacGregor

# **Lotus And The Stars The Way Of Astro Yoga**

**R Barnett** 

#### **Lotus And The Stars The Way Of Astro Yoga:**

The Lotus and the Stars Rob MacGregor, Trish MacGregor, 2020-12-08 In The Lotus and the Stars the disciplines of yoga and astrology are intertwined to allow practitioners to draw on the energies of the sun signs and the planets through specific yoga postures Possess the energy of Aries the ambitions of Capricorn or the spiritual insight of Pisces Practice other postures to gain the mental agility of Gemini the intensity and sexuality of Scorpio or the creativity of Aquarius Whatever sun sign is targeted or whichever attribute is needed this groundbreaking method helps the body become a vehicle for transforming one s life The Lotus and the Stars is simple enough for the yoga novice but even experienced yoga practitioners will find new meaning in standards such as the sun salutation when they see how the intent associated with a posture can enhance the benefit The Lotus and the Stars is a natural blending of two ancient and popular disciplines that are directed to the same goal discovering and empowering the self In this book readers learn how to draw on the energy associated with each sign To do this instructions for personalizing workouts plus modifications for different levels of flexibility time available and personal preferences and needs are included throughout The authors demonstrate the effectiveness of the techniques with true stories of students who have found astro yoga helpful in their lives They also suggest ways to use the workouts to handle common situations and problems The Lotus and the Stars Rob Macgregor, Trish Macgregor, 2020-12-08 In The Lotus and the Stars the disciplines of yoga and astrology are intertwined to allow practitioners to draw on the energies of the sun signs and the planets through specific voga postures Possess the energy of Aries the ambitions of Capricorn or the spiritual insight of Pisces Practice other postures to gain the mental agility of Gemini the intensity and sexuality of Scorpio or the creativity of Aguarius Whatever sun sign is targeted or whichever attribute is needed this groundbreaking method helps the body become a vehicle for transforming one s life The Lotus and the Stars is simple enough for the yoga novice but even experienced yoga practitioners will find new meaning in standards such as the sun salutation when they see how the intent associated with a posture can enhance the benefit The Lotus and the Stars is a natural blending of two ancient and popular disciplines that are directed to the same goal discovering and empowering the self In this book readers learn how to draw on the energy associated with each sign To do this instructions for personalizing workouts plus modifications for different levels of flexibility time available and personal preferences and needs are included throughout The authors demonstrate the effectiveness of the techniques with true stories of students who have found astro yoga helpful in their lives They also suggest ways to use the workouts to handle common situations and problems Yoga Daren Callahan, 2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral

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**2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004 **Yoga Journal**, 1995-12 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty Avurvedic Astrology David Frawley, 2006-06-13 Frawley examines disease factors from an astrological perspective and goes indepth into astrological remedial measures particularly gem therapy. The textalso contains many notable example The Judicial Customs of Nepal Kaisher Bahadur K. C., 1971 charts **Guide to the American Occult** ,1986 New Antiquarian Bookman ,1960 New Age Journal ,1994 **Independent Publisher**, 1999 **Age** .1981 AB Bookman's Weekly ,1987-11 The Publishers' Trade List Annual ,1976

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