



Advanced Yoga Practices

Hello:

Thank you for purchasing this Advanced Yoga Practices (AYP) AudioBook.

This AudioBook has been divided into numerous MP3 files for your ease in listening and navigation. The files are numbered and may be sorted for correct order either by file name or MP3 file information. The files are named according to chapter, chapter section and chapter subsection. The chapters and chapter sections are included in the Table of Contents provided in this PDF file.

The AYP books are the primary source of financial support for the continuing work of preparing and making all of the AYP instructional materials on practices available worldwide. For this reason it is requested that you please keep this AudioBook for use within your own household, and not make unpaid copies for others outside your household.

If you know others who are interested, please encourage them to purchase their own Paperback, eBook or AudioBook version of the AYP writings. It can be done easily through the AYP website.

If there are any difficulties with opening or listening to your AudioBook, please write for assistance at yogani99@yahoo.com.

Many thanks for your consideration, and I wish you all the best on your chosen path. Practice wisely, and enjoy!

The guru is in you.

Yogani

www.advancedyogapractices.com

Eight Limbs of Yoga

**The Structure and Pacing
of
Self-Directed Spiritual Practice**

Yogani

From The AYP Enlightenment Series

Copyright © 2008 by Yogani

All rights reserved.

AYP Publishing

For ordering information go to:

www.advancedyogapractices.com

Library of Congress Control Number: 2008901442

Published simultaneously in:

Nashville, Tennessee, U.S.A.

and

London, England, U.K.

This title is also available in eBook format – ISBN 978-0-9800522-9-9
(For Adobe Reader)

ISBN 978-0-9800522-8-2 (Paperback)

Table of Contents

Chapter 1 – Eight Limbs of Yoga	1
The Yoga Sutras of Patanjali	2
Yoga and the Human Nervous System	8
Chapter 2 – The Structure of Practices	15
Our Inherent Spiritual Capabilities	18
An Inventory of Practices	24
The Journey of Purification and Opening	33
Chapter 3 – Self-Directed Practice	38
Building a Daily Routine (Practice Chart)	39
Self-Pacing	52
Keeping up Practices with a Busy Schedule	63
Group Practice and Retreats	72
Our Role as Teachers and Researchers	79
Chapter 4 – The Rise of Enlightenment	93
Enlightenment Milestones	93
The Divine Marriage	98
Further Reading and Support	103

Further Reading and Support

Yogani is an American spiritual scientist who, for more than thirty years, has been integrating ancient techniques from around the world which cultivate human spiritual transformation. The approach he has developed is non-sectarian, and open to all. In the order published, his books include:

Advanced Yoga Practices – Easy Lessons for Ecstatic Living

A large user-friendly textbook providing 240 detailed lessons on the AYP integrated system of yoga practices.

The Secrets of Wilder – A Novel

The story of young Americans discovering and utilizing actual secret practices leading to human spiritual transformation.

The AYP Enlightenment Series

Easy-to-read instruction books on yoga practices, including:

- ***Deep Meditation – Pathway to Personal Freedom***
- ***Spinal Breathing Pranayama – Journey to Inner Space***
- ***Tantra – Discovering the Power of Pre-Orgasmic Sex***
- ***Asanas, Mudras and Bandhas – Awakening Ecstatic Kundalini***
- ***Samyama – Cultivating Stillness in Action, Siddhis and Miracles***
- ***Diet, Shatkarmas and Amaroli – Yogic Nutrition and Cleansing for Health and Spirit***
- ***Self Inquiry – Dawn of the Witness and the End of Suffering***
- ***Bhakti and Karma Yoga – The Science of Devotion and Liberation Through Action***
- ***Eight Limbs of Yoga – The Structure and Pacing of Self-Directed Spiritual Practice***

For up-to-date information on the writings of Yogani, and for the free *AYP Support Forums*, please visit:

www.advancedyogapractices.com

Eight Limbs of Yoga provides a highly efficient integration of methods for modern self-directed practitioners that is compatible with an active lifestyle, and consistent with the centuries-old *Yoga Sutras of Patanjali*.

The center of all spiritual progress is found within every human nervous system on the earth. When these time-tested methods are utilized in a self-paced daily routine, then we will find spiritual unfoldment to be occurring within every cultural and religious setting, leading to the rise of abiding inner silence, ecstatic bliss, outpouring divine love and *Self-realization*.

Yogani is the author of two landmark books on the world's most effective spiritual practices: ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living***, a comprehensive user-friendly textbook, 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.

