



## Advanced Yoga Practices

# Eight Limbs of Yoga The Structure and Pacing of Self-Directed Spiritual Practice AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(4:31)
02 - Chap 1 - EIGHT LIMBS OF YOGA	(2:59)
03 - Chap 1 - The Yoga Sutras of Patanjali	(12:46)
04 - Chap 1 - Yoga and the Human Nervous System	(9:08)
05 - Chap 2 - THE STRUCTURE OF PRACTICES	(6:07)
06 - Chap 2 - Our Inherent Spiritual Capabilities	(3:02)
07 - Chap 2 - Fundamental Principles and Natural Abilities	(9:53)
08 - Chap 2 - An Inventory of Practices	(17:10)
09 - Chap 2 - The Journey of Purification and Opening	(7:19)
10 - Chap 3 - SELF-DIRECTED PRACTICE	(2:14)
11 - Chap 3 - Building a Daily Routine (Practice Chart)	(2:44)
12 - Chap 3 - Basic Routine of Practices	(6:29)
13 - Chap 3 - The Practice Chart	(4:43)
14 - Chap 3 - Finding Detailed Instructions for the Practices	(1:49)
15 - Chap 3 - Building Our Routine – Sequence and Timing	(7:41)
16 - Chap 3 - Self-Pacing	(1:03)
17 - Chap 3 - Practical Application of Self-Pacing	(3:20)
18 - Chap 3 - Automatic Yoga – Physical Movements	(7:27)
19 - Chap 3 - The Hazards of Forcing Practices	(4:16)
20 - Chap 3 - Grounding for Stability	(2:43)
21 - Chap 3 - Self-Pacing and Physical Practices	(3:06)
22 - Chap 3 - Keeping up Practices with a Busy Schedule	(1:33)
23 - Chap 3 - Honoring the Habit of Twice-Daily Practice	(5:55)
24 - Chap 3 - Optimizing the Practice Time We Have	(10:09)
25 - Chap 3 - Group Practice and Retreats	(1:16)
26 - Chap 3 - Group Meditations	(5:14)
27 - Chap 3 - Group Samyama	(1:56)
28 - Chap 3 - Retreats	(5:30)
29 - Chap 3 - Our Role as Teachers and Researchers	(1:27)
30 - Chap 3 - Responsibility	(2:24)
31 - Chap 3 - Teaching	(9:09)
32 - Chap 3 - Practices for Our Children	(6:38)
33 - Chap 3 - Open Source Research – Road to the Future	(6:03)
34 - Chap 4 - THE RISE OF ENLIGHTENMENT	(1:35)
35 - Chap 4 - Enlightenment Milestones	(9:18)
36 - Chap 4 - The Divine Marriage	(7:30)
37 - FURTHER READING AND SUPPORT	(2:53)

**Total Run Time - 3 Hours, 19 Minutes**