



Advanced Yoga Practices

Diet, Shatkarmas and Amaroli - Yogic Nutrition & Cleansing for Health and Spirit

AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(5:22)
02 - Chap 1 - YOU ARE THE CITY OF GOD	(4:45)
03 - Chap 1 - A Branch of Yoga called Purity	(9:00)
04 - Chap 1 - Nine Gates of the Body	(2:52)
05 - Chap 1 - The Call from Within	(6:21)
06 - Chap 2 - YOGIC DIET	(1:46)
07 - Chap 2 - Are We What We Eat?	(4:25)
08 - Chap 2 - Diet and Health	(3:20)
09 - Chap 2 - Weight Loss	(5:03)
10 - Chap 2 - Overcoming Hunger	(5:53)
11 - Chap 2 - The Road to Cardiovascular Health	(4:24)
12 - Chap 2 - Must We Become Vegetarians	(4:27)
13 - Chap 2 - Vitamins Herbs and Supplements	(4:29)
14 - Chap 2 - Diet Spiritual Development and Kundalini	(2:38)
15 - Chap 2 - Diet and the Neurobiology of Kundalini	(12:28)
16 - Chap 2 - Food Preparation and Consumption	(6:36)
17 - Chap 2 - Eating Habits Addictions and Flights of Fancy	(1:06)
18 - Chap 2 - Inner Silence and Eating Habits	(2:31)
19 - Chap 2 - Addictions	(4:35)
20 - Chap 2 - Flights of Fancy	(3:54)
21 - Chap 2 - Hallucinogenics and Yoga	(4:00)
22 - Chap 2 - Fasting	(10:36)
23 - Chap 2 - The Body-Mind-Spirit Connection	(3:05)
24 - Chap 3 - SHATKARMAS FOR CLEANSING	(3:25)
25 - Chap 3 - Bodily Purification and Enlightenment	(7:45)
26 - Chap 3 - Cleansing of Mouth Nasal Passages and Sinuses	(1:04)
27 - Chap 3 - Mouth and Tongue	(2:24)
28 - Chap 3 - Nasal Passages and Sinuses - Neti Pot	(5:51)
29 - Chap 3 - Nasal Passages and Sinuses - Water Bowl	(2:29)
30 - Chap 3 - Colon Cleansing	(6:14)
31 - Chap 3 - Intestinal Wash	(3:04)
32 - Chap 3 - More Shatkarmas	(1:34)
33 - Chap 3 - Nauli	(4:04)
34 - Chap 3 - Kapalbhathi	(2:45)
35 - Chap 3 - Trataka	(9:38)
36 - Chap 4 - AMAROLI - INNER REJUVENATION	(2:27)
37 - Chap 4 - How to do Amaroli - Urine Therapy	(8:18)
38 - Chap 4 - Enhancing the Subtle Biology for Inner Silence	(5:15)
39 - Chap 4 - Additional Aspects of Amaroli	(1:22)
40 - Chap 4 - Amaroli with Fasting	(2:53)
41 - Chap 4 - Urine Compresses for Wounds and Skin Ailments	(2:17)
42 - Chap 4 - Using Urine with Nasal Wash	(3:01)
43 - Chap 4 - Amaroli and Natural Vajroli	(3:39)
44 - Chap 5 - PUTTING IT ALL TOGETHER	(3:52)
45 - Chap 5 - The Ecstatic Body	(4:00)
46 - Chap 5 - Self-Pacing in Practices	(7:22)
47 - Chap 5 - Stillness in Action	(5:02)
48 - Appendix - Ayurveda Diet Guidelines	(5:46)
49 - Appendix - The Six Tastes and Balancing the Doshas	(9:24)
50 - FURTHER READING AND SUPPORT	(2:54)

Total Run Time - 3 Hours, 52 Minutes