



## Sweeping the Dust (Paperback)

By Ruth Lauer-Manenti

Lantern Books,US, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. In this book, a companion to An Offering of Leaves, much-loved Jivamukti Yoga teacher Ruth Lauer-Manenti ( Lady Ruth ) offers over forty more of the dharma talks that she gives at the beginning of each yoga class. Her reflections--complete with the Sanskrit verses that are the source of her studies, as well as the English transliteration and translation--are at once poignant and practical, and both minutely observed and expansive in their implications for our inner and outer lives. These teachings on yogic principles open up the emotional and spiritual pathways that allow us to deepen our yoga practice and go to the essence of the ancient wisdom contained within.



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