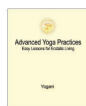
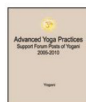


# Books on Spiritual Practices by Yogani



## **Advanced Yoga Practices – Easy Lessons for Ecstatic Living (Two Volumes)**

*Two user-friendly textbooks providing over 400 detailed lessons on the AYP integrated system of practices, covering from beginning to advanced stage unfoldment. (Paperback, eBook and Audio)*



## **Advanced Yoga Practices Support Forum Posts of Yogani, 2005-2010**

*About 2,000 AYP Support Forum posts by the author in Q&A format over a six-year period, providing extensive commentary on practices and the AYP Lessons. (Paperback and eBook)*



## **Advanced Yoga Practices – The AYP Plus Lessons**

*Covering nearly 1000 comprehensive lessons on practices and experiences, a complement to the extensive AYP Plus online resources – provided for off-line study. (Paperback, eBook and Audio)*



## **The Secrets of Wilder – A Story of Inner Silence, Ecstasy and Enlightenment**

*A spiritual adventure novel – the first book by the author. (Paperback, eBook and Audiobook)*

## **The AYP Enlightenment Series**

*Concise instruction books on spiritual practices. (Print, eBook and Audiobook Editions)*



### **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**



### **Retreats – Fast Track to Freedom – A Guide for Leaders and Practitioners**



### **Liberation – The Fruition of Yoga**



### **Prayers and Poems – Dissolving the Ego in the Divine**

**Available through Internet Channels and Bookstores Worldwide**  
**For previews and purchase links, go to: [advancedyogapractices.com](http://advancedyogapractices.com)**  
**For unlimited access to online editions, go to: [aysite.com/plus](http://aysite.com/plus)**