



# The Pure Heart of Yoga: Ten Essential Steps for Personal Transformation

*Robert Butera Butera*

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Inner stillness. Perfect awareness. True beauty. Yoga is much more than just a physical activity. It is a conscious lifestyle that brings about a profound spiritual and personal transformation. This book on yoga invites you to experience yoga as the ancient masters intended it—a holistic way of life that unites the body, mind, and spirit for complete health and well-being.

With clear instruction, Dr. Robert Butera guides you through ten steps on the path of yoga that are based on traditional yogic principles and practices, yet designed to fit seamlessly into your life. Yoga enthusiasts of all kinds will discover effective tools for creating a life of healthful beauty and inner peace.

- Understand the role of physical poses within the larger, holistic system of yoga
- Practice breathing techniques (pranayama), work with your energy centers (chakras), and develop your concentration
- Overcome psychological blocks, balance your emotions, and grow emotionally and spiritually

Go to [www.pureheartofyoga.com](http://www.pureheartofyoga.com) for free video clips of demonstrated yoga postures.

"*The Pure Heart of Yoga* will bring increased depth to your yoga practice . . . It is an excellent book: thoughtful, reflective, deep, and accessible."—Eleanor Criswell, Ed.D., author of *How Yoga Works*

"That he's able to instruct and inspire with a warm heart and skillful direction, without judgment or prejudice about the 'style' or your yoga of choice, is good reason to believe this book will bring life to your practice."

—*Yoga Journal*

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