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YogaBeyond In this weeks episode we dive head first into the second week of our ACROVINYASA **Yoga** Teacher Training. We explain why we ...

Dharana, The Art Of Concentration

Amir Mourad talks about the development of dharana (concentration) in the science of **yoga**.

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Mindfulness - A Secular Perspective

This public talk from 19 April 2018 was held at the London School of Economics Old Theatre in London, England, UK.

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spiritual teacher Jon Bernie In this
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**Episode 4: YOGA TEACHER
TRAINING GRADUATION | Journey**

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Beyond | VLOG | YogaBeyond In this weeks episode we are serenaded by one of our amazing students and are left with a special song that will be in our hearts ...

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weeks episode we say a sweet 'see you later' to Padangbai and our 6 week stretch of **yoga** teacher trainings. We drive ...

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And Direct Knowledge Amir Mourad expresses that it is natural to fluctuate between doubt and clarity in the earlier stages of the spiritual process - but ...

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What is Surrender? - Sadhguru

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***In Stillness, There Comes A Vision
Of Things As They Are - Amir***

Mourad <http://www.shunya-yoga.com/>
Amir Mourad explains that the reason
why the yogic sciences has been
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Nirvana Is Right Here

<http://www.shunya-yoga.com/> Amir Mourad explains that Nirvana is not to be found through some otherworldly dimension but here ...

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