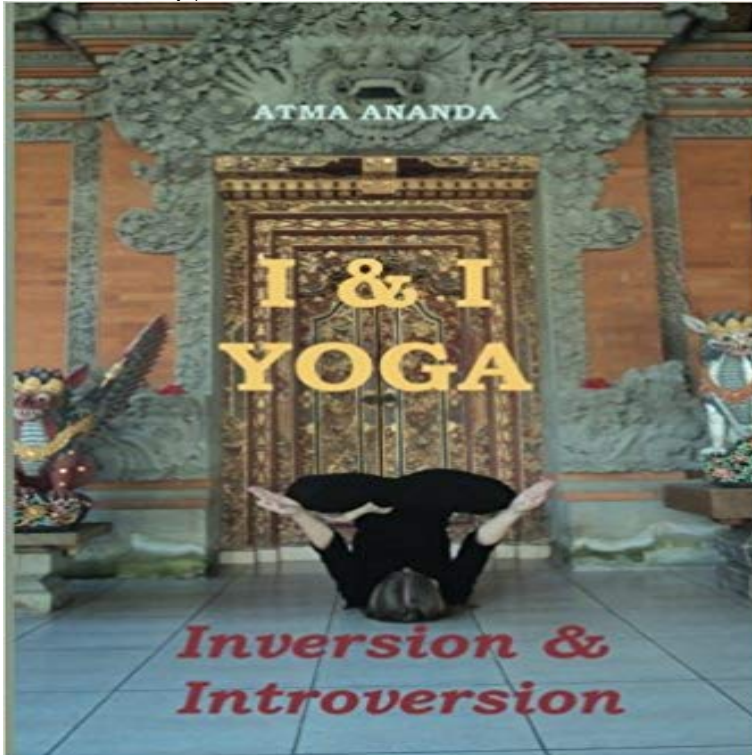


I & I Yoga: Inversion & Introversion



Atma Ananda restores main principles of Yoga preparing your body for spiritual way namely, inversion and introversion. The first is required for conscious transformation within microcosm, while the second is necessary for intensive unification of microcosm and macrocosm. Finally, you will improve the principle Aham Brahmasmi (I am God) on physical level creating the base for self-realization.

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