

# Yoga

*and the Path of the  
Urban Mystic*



*Darren Main*

*with a foreword by Stephen Cope, author of Yoga and the Quest for the True Self*

*Yoga and the Path of the Urban Mystic* brings classical teachings alive and helps us move our rewarding experience of yoga beyond the mat and meditation cushion and into the whole of life.

For modern yogis feeling challenged in our efforts to remain deeply spiritual, contemplative, and centered amid the stresses and complications of urban life, this book serves as both inspiration and guide. Darren Main's fresh, down-to-earth approach to the time-tested practice and philosophy of yoga shows us the way to apply the ancient wisdom of India to every moment and every breath so that even our busiest days can be powerful and mystical adventures, filled with all the wonder and magic that was once reserved for those living as monks and nuns. Yoga for the twenty-first century, this is the fulfilling and joyful path of the urban mystic.

"Darren Main explains how to turn [life's] distractions into darshan, with humor, lightness, and love. He also explains the Yoga Sutra, the chakras, pranayama, and other esoteric yoga philosophies in a live and engaging way. His humorous style and delicious honesty create a thoroughly modern approach to this ancient science."

—*The Bodhi Tree Review*



**Darren Main** is a renowned yoga and meditation instructor and author whose books include *Spiritual Journeys along the Yellow Brick Road* and *The Findhorn Book of Meditation*. He facilitates workshops and lectures on yoga and modern spirituality throughout the United States and abroad. Main lives in San Francisco, California.


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