



Yoga for You (Paperback)

By Claude Fayette Bragdon

COSIMO CLASSICS, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Silence and stillness have the effect of conserving all the bodily forces usually wasted in unnecessary speech and action. You become for the first time conscious of the rhythmic flow of life's forces, and are able to hear the faint music they make on the harp of the body. -from Silence One of the most extraordinary figures of the popular intellectualism of the early 20th century, Claude Bragdon was an architect and designer who turned his mathematically fueled artistic bent toward the metaphysical. Here, in wise, insightful prose, Bragdon offers an introduction-first published in 1943-to the philosophy of yoga as an aid to expanding the human consciousness. From mastering the art of concentration to finding new depth in sexuality, this is a frank, perceptive call to rethink how we live our lives in the modern world. Other works by Bragdon available from Cosimo Classics: The Eternal Poles, Four-Dimensional Vistas, Projective Ornament, The Beautiful Necessity, Architecture and Democracy, Episodes from An Unwritten History, and A Primer of Higher Space (The Fourth Dimension). American architect, stage designer, and writer CLAUDE FAYETTE BRAGDON...



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