



# The Yoga of Relationships: A Practical Guide for Loving Yourself and Others

*Yogi Amrit Desai*

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# The Yoga of Relationships: A Practical Guide for Loving Yourself and Others

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**The Yoga of Relationships: A Practical Guide for Loving Yourself and Others** Yogi Amrit Desai

World-renowned yoga master Amrit Desai melds ancient wisdom with modern practicality as he offers piercing insight into the nature of relationships as a road map to fulfillment. The appendix includes outline of the basic life-observances of yoga, guidelines for day-to-day living, and meditations on healing relationships.

Yogi **Amrit Desai** is recognized as one of the pioneers of the authentic teachings of yoga in the West. Today he oversees the Amrit Yoga Institute in Salt Springs, Florida, with its many affiliate branches and teachers in North America and Europe. He travels extensively giving talks and workshops.

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