

# Rama Jyoti Vernon



Rama Jyoti Vernon, author of *Yoga: The Practice of Myth and Sacred Geometry*, is internationally acclaimed as a yoga instructor and peace mediator. Her unique approach to teaching evolved from years of study with many great masters, and her extraordinary knowledge has shaped the foundation of contemporary yoga. During the early days of yoga in the United States, she sponsored the migration of numerous swamis and gurus from India, and formed organizations to promote unity across all lineages and styles of yoga. Her instruction of asana is anchored in her deep knowledge of the Yoga Sutras and is integrally focused on the breath.

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## ***Yoga: The Practice of Myth and Sacred Geometry***

Acclaimed Yoga teacher and international peace mediator, Rama Jyoti Vernon is available to teach a yoga class and/or lead a discussion on themes from her recently published book, “Yoga: The Practice of Myth and Sacred Geometry” (Lotus Press). Rama’s presence illuminates her surroundings. Her words are an inspiration to all who hear them.

For the first time the essence of Rama Jyoti’s teachings, which evolved from decades of studies with great masters, have been codified. This book includes more than 200 pages of photos and instructions, with myths and therapeutic benefits associated with the asanas, and much more.

Practicing yoga improves health and creates peace of mind—that’s well known to most Westerners. But for those who yearn to add meaningful depth to their lives, yoga holds even greater riches. In the practice of asana, our bodies assume geometrical forms known as yantras. These yantras are force fields of energy — condensed, crystallized experiences of the Divine that draw consciousness like a magnet from the outer to the inner worlds.

Master teacher Rama Vernon offers her unique approach to yoga, anchored in knowledge of the Yoga Sutras and integrally focused on the breath. Through asana, interactive lectures, and discussion, Rama emphasizes: posture practice with philosophy, mythology, and *yantras* woven in; the five *pranas* within asana, and concentration on the breath.

Lilias Folan, PBS host and author has these words about Rama’s book: “Yoga: The Practice of Myth and Sacred Geometry” is for all of us who want to continue in the study of yoga’s deep teaching and technical instruction. The wonderful diagrams and photos will clearly assist us as we learn and teach asana and pranayama while walking life’s journey. Thank you, Rama, for sharing the heart, soul, and passion of your own practices, insights, and reflections, and for imparting your years of yoga experience, study, and teaching. This is a book I will treasure for years to come.”

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