

Moving Inward: The Journey to Meditation

By Rolf Sovik

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Provides illustrated instructions and guidelines for starting a new meditation practice or enhancing and existing one.

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Editorial Review

Review
New and understandable insights on breathing, relaxation, and meditation . . . Excellent and informative . . . Highly recommended for students and teachers alike --Lilias Folan, author of Yoga Gets Better with Age

Beginners, as well as experienced meditators, will be illumined by Moving Inward --Rod Stryker, Founder of Pure Yoga

About the Author
Rolf Sovik, co-author of the award-winning Yoga: Mastering the Basics, is a clinical psychologist with a special interest in applying yoga for treatment. He has been teaching and training teachers in the Himalayan tradition since 1972. He holds a doctorate in psycholog, a master's degree in Eastern studies, and an undergraduate degree with majors in philosophy and history.

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