



Ecoyoga: Practice & Meditations for Walking in Beauty on the Earth

Henryk Skolimowski

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This guide describes methods of still yoga - yoga without movement. By practising the exercises and meditations, the reader can embark on a personal voyage of discovery through the "outer wild" of nature to the "inner wild" of a person's own life, and bring meaning to one's relationship with the Earth. Eco yoga, or "the yoga of being" has evolved out of years of reflection on the spiritual nature of the human being.

Traditional meditations and practices are illustrated with etchings inspired by nature. This book re-connects the reader to the Earth, increasing personal and planetary harmony. It translates the practice of yoga for the needs of life in the 1990s.



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