



# Advanced Yoga Practices Support Forum Posts of Yogani, 2005-2010

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## **Advanced Yoga Practices Support Forum Posts of Yogani, 2005-2010** Yogani

FROM THE BACK COVER OF THE PAPERBACK EDITION: This large volume contains all Advanced Yoga Practices (AYP) Support Forum posts by Yogani over a six year period, from 2005 through 2010. About 2,000 posts are included, providing extensive commentary in Q&A mode covering a wide range of spiritual practices and experiences, supplementing the Advanced Yoga Practices - Easy Lessons for Ecstatic Living and AYP Enlightenment Series books. When the Advanced Yoga Practices (AYP) online lessons first began appearing in 2003, there was an immediate groundswell of questions on practices and experiences. The ongoing email interactions that followed between Yogani and hundreds of practitioners were used to enrich the AYP lessons, and eventually led to the launch of the AYP Support Forum in 2005. Since its founding, the forum has steadily grown in size and scope, covering every aspect of spiritual practice and experience in a well-moderated online environment, with thousands from all over the world contributing and drawing on the collective experience with the AYP system, and also exploring many other systems of practice. It is an open community that does not limit anyone on how they may choose to travel their spiritual path. In keeping with the underlying philosophy of AYP, the forum has always been about supporting the needs of practitioners with useful tools on the path of human spiritual transformation. It is always the practitioner's call on how to proceed. The forum has also served as a launching platform for many "real world" activities, such as local deep meditation groups, training, retreats, and formal research on spiritual practices.

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