

Yoga: The Spirit And Practice Of Moving Into Stillness
By Erich Schiffmann, Trish O'Rielly

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Erich Schiffmann is an accomplished American Yoga Master widely known for his award-winning video, Yoga Mind & Body, featuring actress Ali MacGraw. He is the author of a best-selling book, Moving into Stillness. Schiffmann, Erich (1996). Yoga: The Spirit and Practice of Moving into Stillness. New York: Pocket Books.

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The Spirit & Practice of Moving into Stillness. About the Author: ERICH SCHIFFMANN is a yoga master who studied at the Krishnamurti School in England, with.

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