

The Seven Spiritual Laws Of Yoga

Since its release in 1994, Deepak Chopra's book *The Seven Spiritual Laws of Success* has improved the lives of millions around the world. Through seven easily understood principles, the Seven Spiritual Laws of Success teaches that harmony, happiness, and abundance are available to anyone willing to embrace a consciousness-based approach to life.

Chopra Center co-founders, Drs. Deepak Chopra and David Simon, have designed a daily yoga practice to help you unite body, mind, and spirit, bringing you into alignment with the magnificent rhythms of the cosmos.

The Seven Spiritual Laws of Yoga infuses your practice with spirit while bringing the seven laws into action each day. Every class plays a crucial role in yoga's path to enlightenment while providing you with a wealth of mantras, breathing techniques, and yoga poses.