

我眼中的

瑜伽


沙 金 著/摄影/英译

awaken, refresh, restore

 山地瑜伽
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yoga

through my eyes

 華齡出版社

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沙 金 著/摄影/翻译

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责任编辑: 张三杰
装帧设计: 沙 金
责任印制: 李浩玉

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电 话:	84044445(发行部)	传 真:	84039173

To the many people whose love and energy continue to support and sustain me,
and, especially, to my parents,

Liu Shaojun and
Zhang Jinqing

and
Little Sister

Yoga is not a religious or ethical doctrine. It is a science of self development and integration, which is as valid today as it was thousands of years ago, when the first yogis practised and evolved this methodology. Yoga can be utilised by peoples of all countries, races, traditions, and creeds. Yoga is a practical system, which promotes human awareness, understanding, balance and integrity, in all aspects and situations of life. Today, yoga is accepted by people around the world as a science of life, which promotes peace and unity within the individual as well as the community.

We are very pleased that Gyan Giri is publishing this album while the people of China are being introduced to the science of yoga through the auspices of the first National Convention of yoga which is being held in Beijing this year, and we hope that they will derive all the benefits that this science is able to offer them.

Swami Satyadharma
Bihar School of Yoga
Munger, Bihar, India

October 8, 2005

瑜伽并不是任何宗教或道德学说，瑜伽从古代数千年前最早的瑜伽修行者开始探索和发展这种方法以来一直是人们自我发展和完善的一门科学。各个国家、种族、传统或宗教的人都可以通过修练瑜伽而收益。瑜伽是一套实用的体系，它可以在生活的各种状态和各个层面提升人类的意识、理解、平衡和正直。如今，瑜伽在世界范围作为一门生活的科学被广泛接受，在每个人自身及社会中推动着和平、团结及友爱。

欣闻本书的出版恰逢首届中国国际瑜伽展于北京隆重召开，我们在为中国人民有这样了一个了解瑜伽的宝贵机会感到高兴的同时，祝愿你们得到瑜伽能够带来的所有美好。

司瓦米 萨特亚达尔玛
比哈瑜伽学校
印度，比哈，曼歌

2005年10月8日

Yoga means the experience of unity, harmony and oneness. It is an experience that incorporates body, mind, emotions and spirit.

Yoga arose from the ancient Dravidian and Vedic traditions of ten thousand years ago or more. It grew from the need to understand the various aspects of human experience, from the physical through to the more subtle or inner realm.

瑜伽意味着完整，和谐和统一的体验，这是一种使身体，精神，情绪和灵魂融为一体的体验。

瑜伽起源于万年甚至更久前的德拉威和吠陀传统，源于人们不断努力寻求了解人类生命经验从身体到内心各个层面的愿望。



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Yoga is far from simply being physical exercises, rather it is an aid to establishing a new way of life which embraces both inner and outer realities. However this way of life is an experience which cannot be understood intellectually and will only become living knowledge through practice and experience

- Swami Satyananda

瑜伽远不仅仅是简单的身体锻炼，它是帮助我们建立自我内部世界与外部环境和谐统一的生活方式之得力助手。它只有通过实践和经验而不是通过理解才能成为我们的生活知识。

- 思瓦米 萨特亚南达



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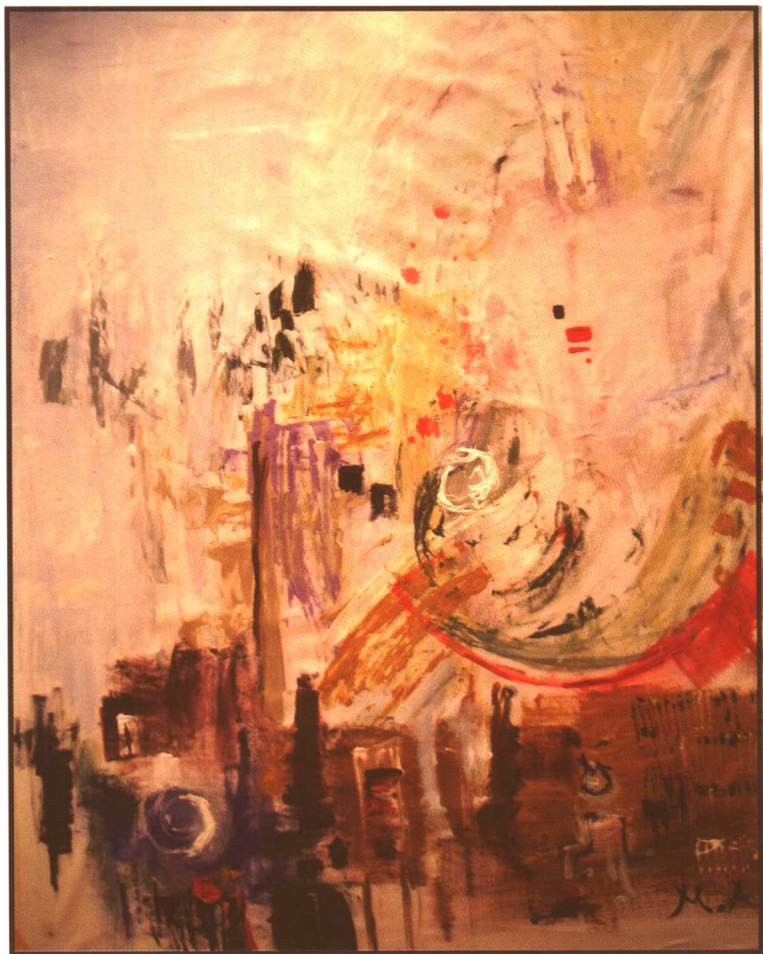
真正的平静
永远不会是
一个已知的过去
或可以预见的未来
而是一个
无法言说的
当下

- 萨特亚南达

Authentic Peace
will never be the result
of a known past or
a predictable future,
but of an inexplicable
present moment...

- Satyananda





Abstract by a Yoga-Art Workshop participant 4 June 2005

山地瑜伽2005年6月4日“瑜伽-绘画”主题周末学员作品

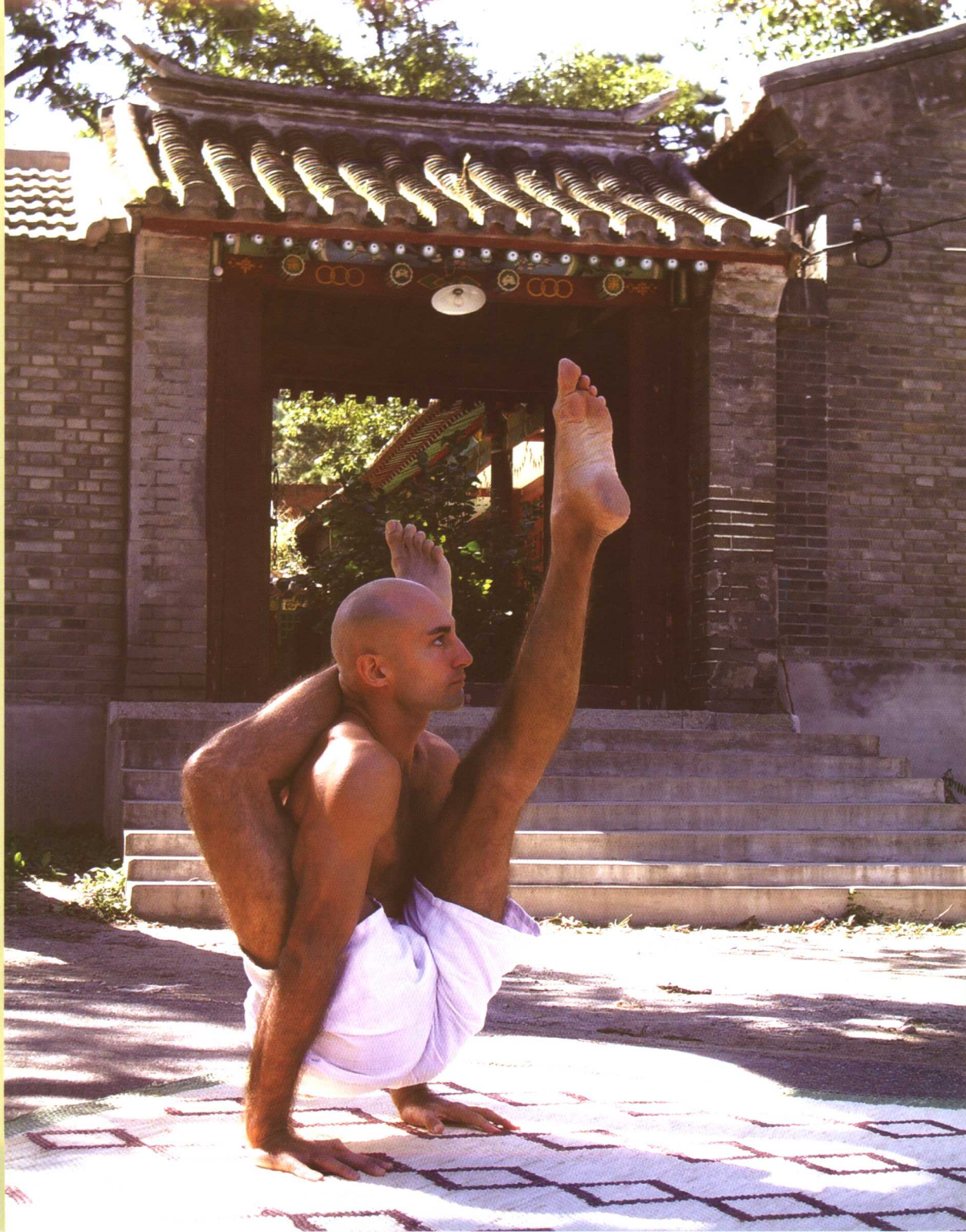
If I'm losing balance in a pose, I stretch higher and God reaches down to steady me. It works every time, and not just in yoga. ~Terri Guillemets

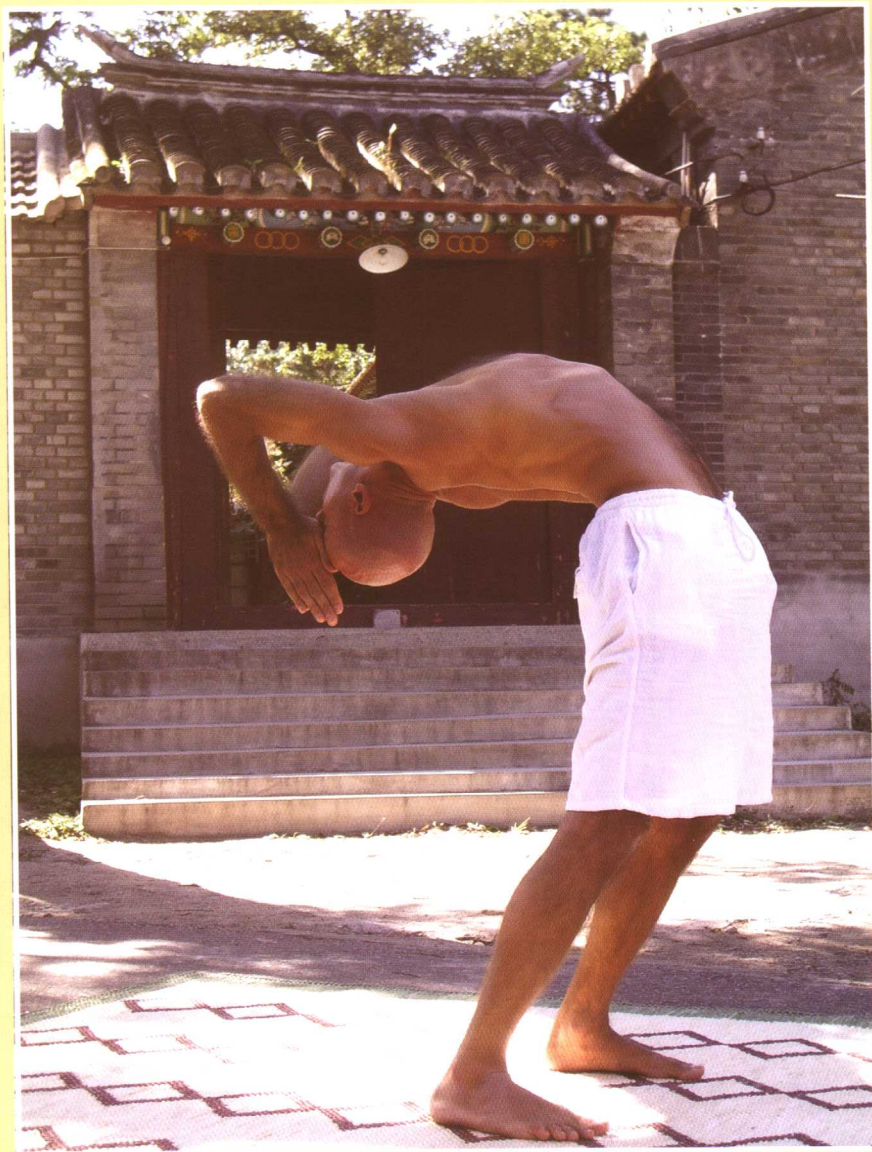
如果我在做动作时失去平衡，我会努力地向更高处伸展，这时候会有一只手帮助我站稳。屡试不爽，而且不仅仅是在做瑜伽的时候。

德里 珈里蒙











A weekend retreat of Tianjin Shida Yoga Club at Mountainyoga Retreat Centre

天津世达瑜伽会员在北京山地瑜伽的一次周末静修



