



# Yoga and Vipassana : An Integrated Lifestyle

*Amit Ray*

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## **Yoga and Vipassana : An Integrated Lifestyle** Amit Ray

Buddha's Vipassana Meditation and Patanjali's Yoga Sutra are integrated and combined together in this book in a coherent manner. This is intended for those people who want to explore and utilize the benefits of the two ancient techniques of yoga and vipassana in a seamless manner. It is planned for developing deep wisdom, great calmness, joy and blissfulness in the midst of a busy life. The fundamentals of yoga and vipassana are presented in a coherent manner. The latest scientific evidence and health benefits are incorporated in the integrated model intelligibly. The basic structure and the principles of the integrated yoga and vipassana are clearly explained in great detail. Three forms of integrated yoga and vipassana meditations are formulated and discussed. They are as follows: daily formal meditation, daily informal meditation and meditations in retreats. The book is intended for the beginners as well as for the advanced practitioners of yoga and vipassana meditation.

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