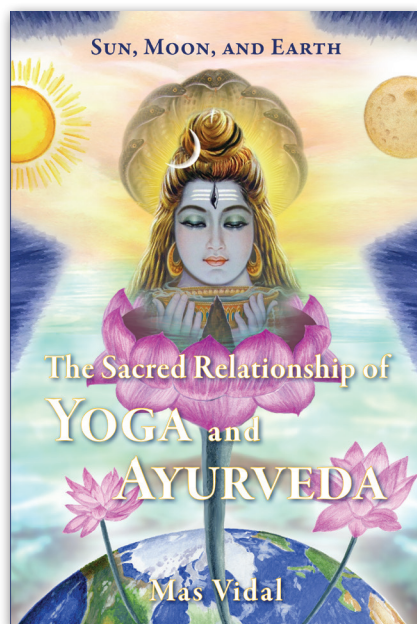


Sun, Moon and Earth

The Sacred Relationship of Yoga and Ayurveda



Sun, Moon and Earth
The Sacred Relationship of Yoga and Ayurveda
Mas Vidal
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Sun, Moon and Earth tells the story of the “twin sciences” of yoga and Ayurveda. Weaving in the author’s long professional and personal experience as a yoga teacher and Ayurveda practitioner, it explores how these traditions can be integrated into our lives as a practical means for balanced living and spiritual evolution. It is written for the growing audience of hatha yogis interested both in asana or postural yoga and a more conscious, Ayurvedic lifestyle.

An interesting work that explains how the mystical powers of Yoga and the lifestyle disciplines of Ayurveda can restore the bodily energies for wellbeing and spiritual evolution. Sun, Moon and Earth is a bold proclamation for lifestyle reformation through the balanced practice of these traditions. I encourage all students to read it!

Prof. Subhash Ranade, Chairman, International Academy of Ayurveda. Pune, India.

Mas Vidal is making a significant contribution to the important effort of preserving and disseminating the fullness of yoga. In this clear, intriguing and comprehensive book, hereminds us that for all its important benefits to health, vitality and wellbeing, yoga is about Self-Realization.

From the Foreword by **Philip Goldberg**, cohost of Spirit Matters podcast and author of American Veda:
From Emerson and the Beatles to Yoga and Meditation, How Indian Spirituality Changed the West.

Mas Vidal writes on Yoga and Ayurveda with depth, respect and appreciation for the wisdom of the ages. He is masterful in how he weaves together ancient teachings bringing them into our world of today. His deep insights, both spiritual and academic, make this book an important reference for training courses in Yoga, Yoga Therapy and Ayurveda. I thank Mas for giving our Yoga and Ayurveda community and our world, a treatise that will inspire and illumine hearts and minds for generations to come.

Rama Jyoti Vernon, Founder California Yoga Teachers Association, Co-Founder of Yoga Journal



Mas Vidal

Yogi, mystic and practitioner of Ayurveda, Mas has become one of the most influential teachers of integral yoga and ayurveda in the world. He offers unique certification and educational programs internationally and maintains an active counseling practice that embraces Vedanta, Ayurveda and Vedic astrology. As director of Dancing Shiva, a non-profit educational organization based in southern California, he promotes health, wellness and societal reform by means of embracing universal spirituality and a natural approach to lifestyle.
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