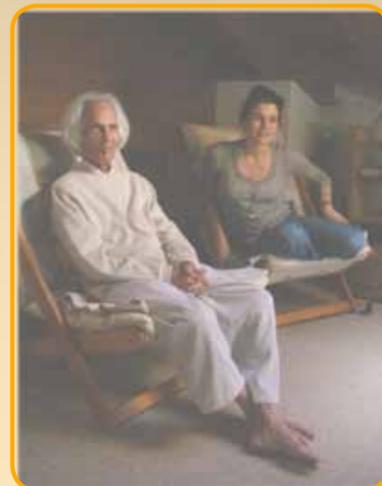


## EXPERIENCE TRUE YOGA



UG Krishnamurti and Melissa Forbes  
Photo by Louis Brawley

*No Teaching Yoga*, part memoir, part practice, part personal narrative, introduces us to Melissa Forbes, yoga practitioner, educator, and artist and her journey to experience “true yoga.”

She reviews the roots of the practice of yoga, from the pre-classical to the modern period of today, and shares with us her own yoga pilgrimage around the world, exploring her time with UG Krishnamurti, a yoga master who had been declared a *Jivamukti*, a liberated being, who gave her glimpses of her Divine Nature and prepared her to embrace the practice of spontaneous yoga.

She challenges us to move beyond the popular Western perception of yoga as a fitness program and embrace the return to the original primary goal of yoga as oneness of self with cosmic consciousness.

Central to the book are the Miracle Combinations, eight new practices gleaned from her years of study and personal reflection, adorned with her intricate and jewel-like paintings of yantras in a Vedic square integrated with the Mayan teaching of Light Language (sacred geometry). These practices unite the tangible physical elements of yoga with feet (stances), hands (mudras), and breath with the intangible spiritual of vibrating yantras, the Divine Heart Original Nature, and ineffable awareness to invite deep contemplation.

Melissa Forbes leads us to the practice of no practice, into the miracle of spontaneous yoga. The Miracle Combinations are designed to serve, assist and lead us to finding our own way into the true experience of yoga.

*No Teaching Yoga* will help you evolve into your own effortless combinations, and to create miracles of internal peace and power in your life experiences.

[GatherInsight.com](http://GatherInsight.com)

[MelissaForbes.net](http://MelissaForbes.net)

NO TEACHING YOGA



MELISSA FORBES



# NO TEACHING YOGA

## THE AUTHENTIC GUIDE

Melissa Forbes