

# Yoga And The Path Of The Urban Mystic By Darren Main



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About the Author. Darren Main is a yoga and meditation instructor and author. He facilitates workshops and gives talks on yoga and modern spirituality

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Darren Main, (born January 20, 1971), is a yoga teacher and author currently living in San Francisco. He has written largely about Eastern spirituality for a more modern and Western audience. Main is best known for his second book, *Yoga and the Path of the Urban Mystic*.

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Darren Main is a yoga and meditation instructor and author. His books include *Yoga and the Path of the Urban Mystic*, *Spiritual Journeys along the Yellow Brick*

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Among other things, he is a bodyguard, healer, and yoga teacher (he prefers the word guide instead of teacher), a path that evolved from many gurus, lessons,

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