



# **Yoga and Vegetarianism: The Diet of Enlightenment**

*By Sharon Gannon*

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According to Sharon Gannon, the single most important part of your yoga practice is the strict adherence to a vegetarian diet - a diet free of needless cruelty, harm, and injustice. Gannon offers truth and wisdom from a tradition of spiritual practice thousands of years old and explains how to apply these practices to our modern lifestyles. Drawing upon her studies of Vedic traditions, Gannon explores how the practices of yoga are historically and structurally tied to an ethical vegetarian lifestyle. Integral to each other, both yoga and vegetarianism form a framework for physical and spiritual attunement, and when practiced as a whole provide the path not only to physical health, but to spiritual enlightenment.

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### **Editorial Review**

#### **About the Author**

Sharon Gannon is changing the way that people view spirituality, life, themselves, one another, animals, and the environment. Along with David Life, she is the creator of Jivamukti Yoga method, a path to enlightenment through compassion for all beings. Blessed by her teachers Shri Brahmananda Saravati, Swami Nirmalananda, and Sri K. Pattabhi Jois, she is a pioneer in teaching yoga as spiritual activism. Vegetarianism is a core principle of the Jivamukti Yoga method. The Jivamukti method has been recognized as one of the nine forms of hatha yoga practiced in the world today. Yoga Journal magazine has called her an "innovator," and Vanity Fair gives her credit for making yoga "cool" and "hip." Gannon is the author of many books and the producer of numerous yoga-related DVDs and music CDs. She is the recipient of the 2008 Compassionate Living Award. When not traveling and teaching yoga, she resides in a wild forest sanctuary in upstate New York.

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