



Islamic Yoga: Islamic Yoga: Islam Yoga (Islam Fitrah)

By Amir Fatir

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An insightful perspective on yoga and its relationship to the religion of Islam.

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Editorial Review

About the Author

Amir Fatir, nee Sterling Hobbs, was a journalist and Nation of Islam Minister when he was arrested in 1975 for a murder that someone else committed. While on death row he studied all the ancient spiritual systems to learn where he'd be after his execution. Amir found a common thread runs through Islam, Yoga, Judaism, Christianity, Taoism, Magic, Modern Science and Egyptian Metaphysics. In 1991 Amir received a pardon recommendation that because of politics was illegally revoked. He hasn't been physically free since the Ford Administration. While in prison he has authored books and developed award winning programs. Amir is an Astrologer whose writings connect and reveal the symbolic wisdom in esoteric systems, new age philosophies and modern science. He can't sing but still hopes to one day perform with the Temptations.

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