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Maat philosophy was the basis of ancient Egyptian society and government as well as the heart of Ancient Egyptian myth and spirituality. Maat is at once a goddess a cosmic force and a living social doctrine which promotes social harmony and thereby paves the way for spiritual evolution in all levels

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of society.

Maat Philosophy – KEMETIC WORLD / EGYPTIANYOGA

Kemetic Yoga™ is the ancient Egyptian system of Yoga enlightenment based upon the practices of physical movements combined with controlled deep breathing and meditation. The modern version of this ancient system was developed from primary research conducted by Dr. Asar Hapi and Master Yirser Ra Hotep (Elvrid Lawrence) of Chicago during the 1970s. Kemetic Yoga™ is a healing and regenerative Yoga system that is characterized by a series of geometrically progressive postures that creates ...

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UDJA-WELCOME to the Kemetic World Egyptian Yoga website. Dr. Muata Ashby and Dr. Dja Ashby. Here you will find useful articles, music and videos to enhance your journey of self-discovery. Below you will find recent posts and articles.

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The ancient Egyptian philosophical idea that the underlying nature of the universe is predicated on a discernable order that each individual person is obligated to strive for. According to Maat the true nature of everything is order, balance, harmony, justice and reciprocity.

Kemetic Yoga: Resurrection of an African Legacy | Gaia

Sebai Dr. Ashby began his research into the spiritual philosophy of Ancient Africa (Egypt) and India and noticed correlations in the culture and arts of the two countries. This was the catalyst for a successful book series on the subject called “Egyptian Yoga”.

About – KEMETIC WORLD / EGYPTIANYOGA

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