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In Living Your Yoga, Judith Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life all of them as practice. Using the time-honored wisdom of the Yoga Sutra and the Bhagavad Gita to steer the course, the author serves up off-the-mat practices to guide you in deepening your relationships with yourself, your family and friends, and the world around you.

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The concept behind Living Your Yoga is to encourage those that attend the sessions to take time to connect to their inner world through ancient Yogic practices. These practices include co-ordinating the breath with movement; attention to alignment; seeking focus and balance; and finding comfort in challenging the body to open and release the accumulation of tension from life's day-to-day habits.

~~About | Living Your Yoga~~

If you think that you have to retreat to a cave in the Himalayas to find the enlightenment that yoga promises, think again. In this second edition of Living Your Yoga, Judith Hanson Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life—all of them—as ways to practice. This edition includes three new chapters (Relaxation ...

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~~Amazon.co.uk: living your yoga~~

This is the focus of LIVING YOUR YOGA. The subtitle is "Finding the Spiritual in Everyday Life," which may feel off-putting to some--what does it mean to be spiritual? To put it very simply, it is taking some of the philosophical teachings of yoga and applying these teachings to the challenges that we all face in our lives. That is all.

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Yoga classes based in Kenilworth and Warwickshire. Living Your Yoga offers Yoga for Beginner's & Experienced; Well-Woman Yoga: Ashtanga Yoga Pre & Post Natal Yoga; 1:1's; Small Group Classes; Workshops & Corporate Events.

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Living Your Yoga: Finding the Spiritual in Everyday Life Judith Hanson Lasater. 4.7 out of 5 stars 264. Paperback. £9.16. Relax and Renew: Restful Yoga for Stressful Times Judith Lasater. 4.6 out of 5 stars 255. Paperback. £16.99. Teaching Yoga: Ethics and the Teacher-student Relationship Donna Farhi.

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Welcome to the conversation. Join us for an intimate and honest discussion about the bittersweet nature of living our yoga. Book Club Style. Each audio episode is paired with a chapter from the second edition of Judith's book "Living Your Yoga: Finding the Spiritual in Everyday Life." Off the Mat

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tempting array of international cuisine served at ...

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In this inspiring and practical guide, a yoga master and bestselling author stretches the meaning of yoga beyond its familiar poses and breathing techniques to help practitioners find the spiritual in everyday life. Illustrations.

We have unique ways of ascribing a variety of emotions to the belly: "My guts are in a knot," "I knew it in my gut," "gut-wrenching," and "No guts, no glory." Yet, too often, we place more emphasis on the way the abdomen looks rather than how it feels and functions. *Yoga Abs* outlines a series of exercises, yoga poses (asana), and breathing practices (pranayama), designed to achieve optimal health for this crucial area, which houses the organs of both digestion and procreation. Drawing on her experience as a yoga instructor and physical therapist, Judith Hanson Lasater, PhD, discusses the

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anatomical and philosophical aspects of the abdomen, and offers a set of movements that create awareness of these important muscles, and develop and maintain abdominal strength. Each exercise and asana lists: • the props or supports needed • safety guidelines • practice instructions In addition, she has created a special section called "Everyday Abs," where you will experiment with moving mindfully through your everyday activities, such as driving, cooking, sweeping the floor, and more.

B.K.S. Iyengar--hailed as "the Michelangelo of yoga" (BBC) and considered by many to be one of the most important yoga masters--has spent much of his life introducing the modern world to the ancient practice of yoga. Yoga's popularity is soaring, but its widespread acceptance as an exercise for physical fitness and the recognition of its health benefits have not been matched by an understanding of the emotional, intellectual, and spiritual development that the yogic tradition can also offer. In *Light on Life*, B.K.S. Iyengar brings readers this new and more complete understanding of the yogic journey. Here Iyengar explores the yogic goal to integrate the different parts of the self (body, emotions, mind, and soul), the role that the yoga postures and breathing techniques play in our search for wholeness, the external and internal obstacles that keep us from progressing along the path, and how yoga can transform our lives and help us to live in harmony with the world around us. For the first time, Iyengar uses stories from his own life, humor, and examples from modern culture to illustrate the profound gifts that yoga offers. Written with the depth of this sage's great wisdom, *Light on Life* is the culmination of a master's spiritual genius, a treasured companion to his seminal *Light on Yoga*.

More than 100,000 copies sold! Millions of Americans know yoga as a superb form of exercise and as a potent source of calm in the midst of our stress-filled lives. Far fewer are aware of the full promise of yoga as "the way of the fully alive human being"--a 4,000-year-old practical path of liberation that fits the needs of modern Western seekers with startling precision. Now one of America's leading scholars of yoga psychology--who is also a Western-trained psychotherapist--offers this marvelously lively and personal account of an ancient tradition that promises "the soul awake in this lifetime." Drawing on the vivid stories of practitioners at the largest yoga center in America, where he has lived and taught for more than ten years, Stephen Cope describes the philosophy, psychology, and practice of yoga--a practical science of development that urges us not to transcend or dissolve the self, but rather to encounter it more deeply. In this irreverent modern-day Pilgrim's Progress, Cope introduces us to an unforgettable cast of contemporary seekers--on the road to enlightenment carrying all the baggage of the human condition: confusion, loss, disappointment, addiction, and the eternal conflicts around sex and relationship. As he describes the subtle shifts of energy and consciousness that happen at each stage of the path, we

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discover that in yoga, "liberation" does not require us to leave life in the world for some transcendent spiritual plane. Life itself is the path. Above all, Cope shows how yoga can heal the suffering of self-estrangement that pervades our society, leading us to a new sense of purpose and to a deeper, more satisfying life in the world.

Bring the wisdom of ancient Yoga philosophy into your life in a fresh, accessible, and relevant way. In its highest form, yoga is a practice for your body and your mind. Living the Sutras brings the wisdom of classical yoga philosophy into your life in an accessible and relevant way. The Yoga Sutras, a foundational text of yoga philosophy and practice, written by the guru Patanjali over two thousand years ago, are made up of 196 aphorisms that offer potent teachings on how to deal with loss and pain, and guidance on how to lead a healthy and fulfilling life. Kelly DiNardo and Amy Pearce-Hayden offer an entrée to this yoga training for the mind and spirit by introducing a sutra or group of sutras on a related theme, providing a brief commentary, and writing prompts to allow you to reflect on and apply the meaning of the sutras to your life. The book is at once an introduction to the classical philosophy, a quick guide for students and teachers, and an active self-study that helps you to engage with yoga wisdom in a deeply personal way.

Witty and heartfelt, clear-sighted and irreverent, Poser is the book that sane, sensible and intelligent mothers around the world have been waiting for

Living Life in Light, A Yogi's Journey is more than a memoir and more than a how-to book. Within the pages, lifelong yogi, healer, and spiritual teacher, author Nathalie Croix guides you on the road to health, love, and enlightenment, helping you to discover your inner child, the essence of who you really are. A culmination of decades of study, travel, meditation, and teaching, Living Life in Light offers practical and actionable steps so you can begin practicing yoga on and off the mat and living your life in light today. Croix presents a host of healing techniques, concepts, and tools that assisted her in her own journey and her day-to-day walk in life. A teacher of love, Croix's practices will transform your body, mind, and spirit and your relationship to the world, life as it is, and others you come in contact with each day.

After suffering a broken back, a botched surgery that left him disabled, and stage IV throat cancer, the author embraces the practice of yoga to heal his body, mind, and soul.

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