



Living Your Yoga: Finding the Spiritual in Everyday Life

Judith Hanson Lasater

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Living Your Yoga: Finding the Spiritual in Everyday Life Judith Hanson Lasater

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, Empathy, and Worship), a full index, and new interior and cover designs.

Using the time-honored wisdom of the Yoga Sutra and the Bhagavad Gita to steer the course, she serves up off-the-mat practices to guide you in deepening your relationships with yourself, your family and friends, and the world around you.

Inspiring and practical, she blends her heartfelt knowledge of an ancient tradition with her life experiences as a daughter, sister, partner, mother, friend, and yoga practitioner and teacher. The result: a new yoga that beckons you to find the spiritual in everyday life.

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Edward Rideout:

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Robert Williams:

The reason why? Because this Living Your Yoga: Finding the Spiritual in Everyday Life is an unordinary book that the inside of the book waiting for you to snap the item but latter it will distress you with the secret it inside. Reading this book alongside it was fantastic author who all write the book in such incredible way makes the content on the inside easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of benefits than the other book get such as help improving your talent and your critical thinking method. So , still want to hold up having that book? If I had been you I will go to the e-book store hurriedly.

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