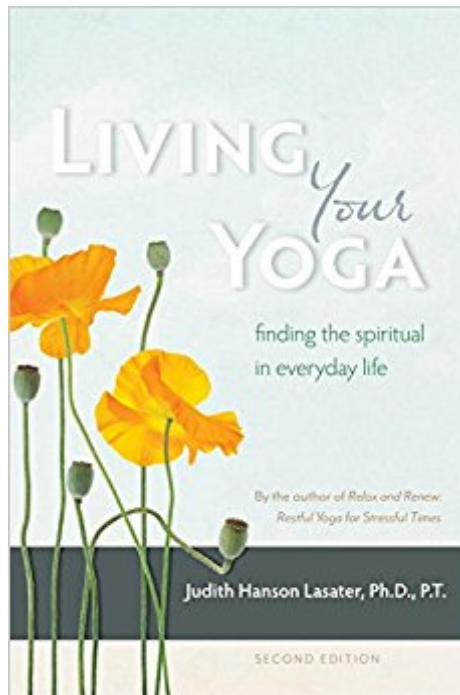




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# **Living Your Yoga: Finding The Spiritual In Everyday Life**



## Synopsis

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.

## Book Information

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## Customer Reviews

Judith Lasater has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Dr. Lasater is the president of the California Yoga Teachers Association and serves on the advisory boards of *Yoga Journal* and the Yoga Research and Education Center. Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra at the Iyengar Yoga Institute of San Francisco. In addition, she leads workshops and retreats throughout the United States and abroad. Dr. Lasater writes extensively about yoga. Her feature

articles, columns, and essays appear in numerous books, magazines, and anthologies. She is the author of *Relax and Renew: Restful Yoga for Stressful Times*, the first book devoted to the supported yoga poses and breathing techniques called restorative yoga. Judith Lasater lives in the San Francisco Bay Area with her husband and three children.

"In this easy-to-read, inspiring book, Judith Lasater generously shares delightfully funny and poignant stories from her very American life, to show how we all can use the simple problems of daily living as a springboard for spiritual practice. Reading *Living Your Yoga* is like moving in with Lasater and her family for awhile. I enjoyed my visit immensely. She reminds us that yoga practice is primarily about mindfulness and is a twenty-four-hour-a-day activity. Take this book to bed, every night for a couple of months. Open it anywhere. Read a few pages. Reflect. Relax. Breathe. Smile. And have a good night's sleep." --Beryl Bender Birch, author of *Power Yoga* "Judith Lasater's new book is a down-to-earth discussion of how we can use the age-old wisdom of yoga in order to reconnect with the sacred in everyday life." --Georg Feuerstein, Ph.D., Founder-Director of the Yoga Research and Education Center and author of *The Yoga Tradition* "Yes! *Living Your Yoga* is what it's all about. Here is a clear and friendly book that will help anyone embody the wisdom of yoga by consciously bringing it into daily life. The exercises are fun. They can help you learn how to do yoga all the time--now and now and now--when you are in the yoga room and when you are not. Take this book to heart." --Erich Schiffmann, author of *Yoga: The Spirit and Practice of Moving into Stillness* "In her heartfelt and gently humorous manner, Judith Lasater shares her profound understanding of ancient yoga teachings, and translates the Yoga Sutra and Bhagavad Gita into a simple prescription for daily living. Whether you're a yoga student, yoga teacher, or yoga scholar, you'll be informed and inspired by *Living Your Yoga*." --Kathryn Arnold, editor in chief of *Yoga Journal* "In this delightful and practical book on yoga philosophy, Judith Lasater presents timeless wisdom with clarity and insight. She is a well-seasoned yogini, who writes from personal experience on how to use the events of daily life as yoga poses for the mind and the heart." --Patricia Walden, featured in *Yoga Journal's* *Yoga Practice for Beginners* "Judith Lasater explains how her practice has helped her to sort through life's tangles, clarify her values, and renew her commitment to her ideals. She bares her soul so that we can see our own." --Suza Francina, author of *The New Yoga for People Over 50* --This text refers to an out of print or unavailable edition of this title.

The original edition of This book was required reading in my yoga teacher training, and I refer to it often as a source of inspiration for my teaching and for my daily life. The new edition does not

disappoint!

This book was amazing. It helped me in so many ways. From my thought process about yoga to life's challenges. For anyone who is a beginner in yoga or an advanced practitioner, this is a must read. A+

This is a lovely spiritual and kind book that helps the starving spiritually desensitized person like me to grow into a spirit filled person.

I absolutely love this book. It is thought provoking and uses real-life scenarios to explain yoga concepts. My favorite of all of my reading for my yoga training so far.

Fantastic book! It came highly recommended to me and lived up to my expectations. Although deep and powerful, Judith's style of writing was relatable and understandable. I have revisited chapters in this book multiple times for clarification, direction and support.

This book is amazing!!!!!! Judit Hanson Lasater is a gift!

Reason I became a yoga teacher! Great insights into what the practice is really about...

This book is really great. When I would read snippets it seemed like having a conversation with an old friend about one of my favorite philosophies. Highly recommend.

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