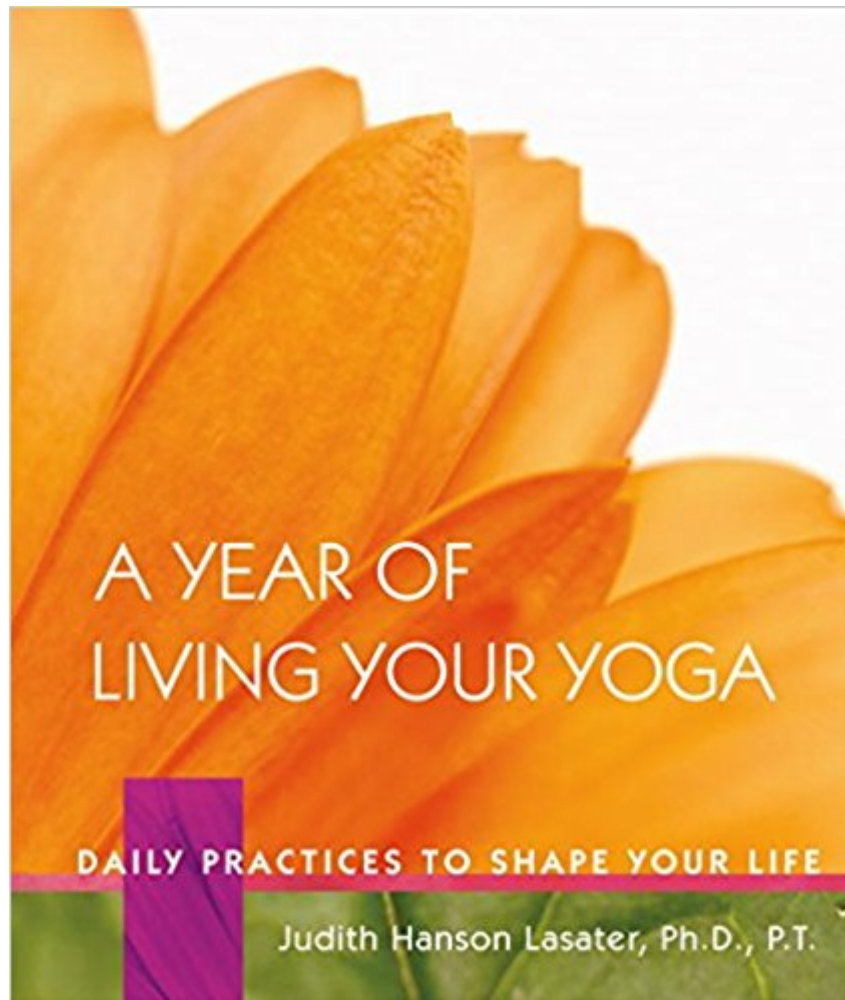




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# A Year Of Living Your Yoga: Daily Practices To Shape Your Life



## Synopsis

Judith Hanson Lasater has been teaching an annual yoga retreat at Feathered Pipe Ranch, in Helena, Montana, for twenty-eight years. When Lasater learned that one of her students was collecting her thoughtsâ” which she called "Judithâ”s aphorisms"â” Lasater decided to collect them in this book. Featuring one thought for each day of the year, along with a suggested practice, these brief, powerful insights reflect the authorâ”s knowledge of classic yoga philosophy and years of experience. Humorous, inspiring, and surprisingly down-to-earth, they guide seekers both on and off the yoga mat. These aphorisms address love, asana, fear, trust, expectations, pranayama, suffering, laughter, presence, the Yoga Sutra, and much more. They emphasize the experience of being present to oneâ”s self and to lifeâ”s ups and downsâ” day by day, breath by breath, moment by moment. A Year of Living Your Yoga is a gentle invitation to readers to know themselves on a deeper level.

## 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.

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This book is exactly what I needed for my yoga classes. There are many little nuggets of inspiration and wisdom which I share with my students at the beginning of class as we integrate into the practice and at the end of class as we prepare for savasana. There's something for every day of the year, but I've skipped around and highlighted my favorites and return to them often.

I purchased this book initially for myself then bought two more to share. I found my morning spot and begin each day with living my yoga. I'm been more contemplative throughout my day.....loving this book!

Nice short affirmations

I love having this book by my bedside. I've also given it as a gift.

I start each day journaling and reading a passage from this book. Thoughtful and thought provoking. Each daily message stays with me not only on my mat, but also throughout the day.

really enjoyed

Judith Hanson Lasater has written a daily thought for every day of the year sharing how our yoga goes beyond the asanas on the mat.

I bought this for a class. It is full of platitudes and meaningless pseudo-spiritual garble. Absolutely useless.

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