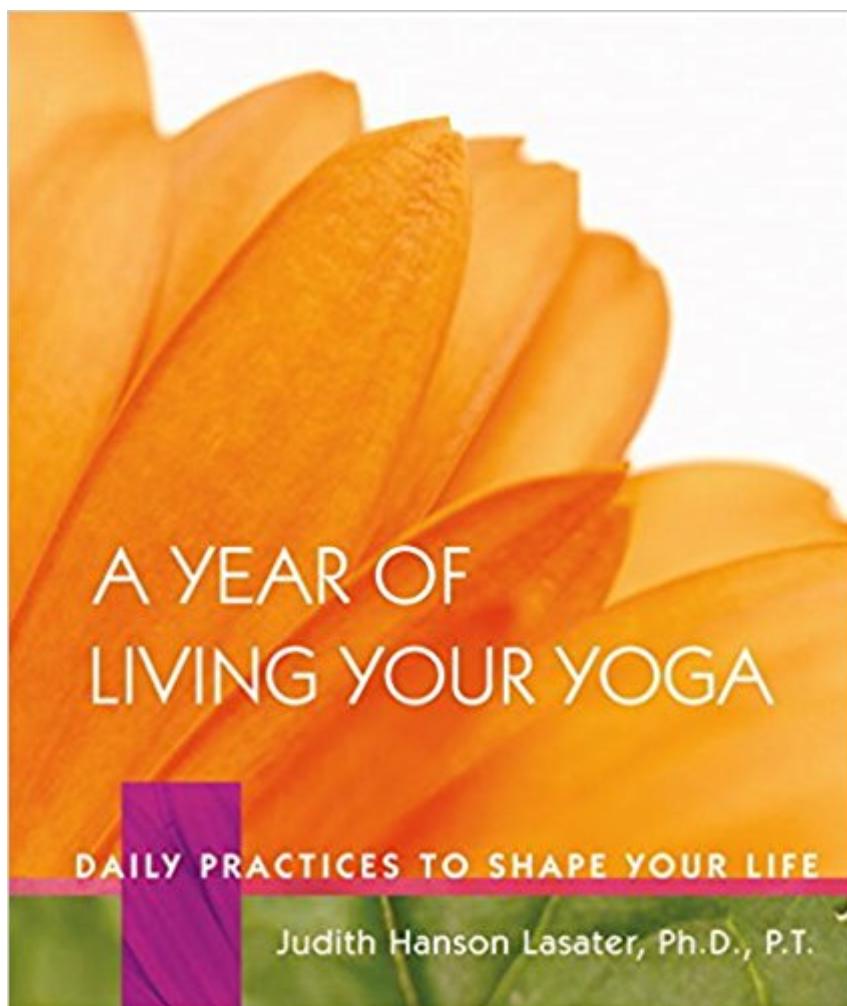


The book was found

# 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**

Hardcover: 192 pages

Publisher: Rodmell Press; 12.1.2006 edition (November 10, 2001)

Language: English

ISBN-10: 1930485158

ISBN-13: 978-1930485150

Product Dimensions: 5.4 x 0.7 x 6.5 inches

Shipping Weight: 10.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 98 customer reviews

Best Sellers Rank: #61,950 in Books (See Top 100 in Books) #21 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Indian #200 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #588 inÂ Books > Religion & Spirituality > Occult & Paranormal

## **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.

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.

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.

[Download to continue reading...](#)

A Year of Living Your Yoga: Daily Practices to Shape Your Life Drawing Animals Shape by Shape: Create Cartoon Animals with Circles, Squares, Rectangles & Triangles (Drawing Shape by Shape series) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Ethical Practices in Yoga: How Yama and Niyama help make a better you (The School of

Yoga 4) Shape Up with the Slow Fat Triathlete: 50 Ways to Kick Butt on the Field, in the Pool, or at the Gym--No Matter What Your Size and Shape Physics of the Future: How Science Will Shape Human Destiny and Our Daily Lives by the Year 2100

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)