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Do Your Om Thing: Bending Yoga Tradition to Fit Your Modern Life



Par Rebecca Pacheco
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Description :

Prsentation de l'diteurYoga, Meet Life.Sometimes an hour-long yoga class is the only chance we get to connect meaningfully with our bodies and our minds during a week otherwise full of work, family, and the daily grind. Have you ever wondered how would it feel to bring that experience of awareness and calm out of the yoga studio and into your everyday life? After all, we know that practicing yoga can give us a leaner body and more sculpted limbs, but isn't its most important benefit the way it makes us feel? In Do Your Om

Thing, master yoga teacher and creator of the popular blog OmGal.com Rebecca Pacheco shows us that the true practice of yoga is about much more than achieving the perfect headstand or withstanding an hour-long class in a room heated to 100 degrees. "Yoga is not about performance," she tells us, "it's about practice, on your mat and in your life. If you want to get better at anything what should you do? Practice. Confidence, compassion, awareness, joy if you want more of these and who doesn't? yoga offers the skills to practice them." In her warm, personal, and often hilarious prose, Rebecca translates yogic philosophy for its twenty-first-century devotees, making ancient principles and philosophy feel accessible, relatable, and genuinely rooted in the world in which we live today. And by illuminating how the guiding principles of yoga apply to our modern lives, Rebecca shows us that the true power of a yoga practice is not physical transformation, but mental and spiritual liberation.

Rebecca Pacheco is a refreshing new voice on the yoga scene, reminding us of what balance, flexibility, strength, humor, and yes, integrity and wisdom, are all about. (Jon Kabat-Zinn, author of *Full Catastrophe Living* and *Mindfulness for Beginners*) In this beautiful, open-hearted book, Rebecca turns ancient yoga concepts into important contemporary life lessons... Readers will love exploring yoga in this space with her. (Priscilla Warner, bestselling author of *Learning to Breathe* and co-author of *The Faith Club*) It's hard enough to find ourselves with all the information out there telling us who to be.... Pacheco encourages us to look no further than where we are, while giving us a concise manual of years of yoga tradition to help us navigate our own paths. (Katherine Jenkins, author of *Lessons from the Monk I Married*) Rebecca is a strong bridge between fitness and spiritual awareness. Her work points us to the pertinent potential for our inner life, and offers much relevant clarity in the world of wellness. (Elena Brower, author of *Art of Attention*) Pacheco presents a balanced view of how yoga aligns with modern life her thoughtful approach to yoga's ancient underpinnings is applicable to new and seasoned practitioners alike. (Publishers Weekly)

Yoga, Meet Life. Sometimes an hour-long yoga class is the only chance we get to connect meaningfully with our bodies and our minds during a week otherwise full of work, family, and the daily grind. Have you ever wondered how would it feel to bring that experience of awareness and calm out of the yoga studio and into your everyday life? After all, we know that practicing yoga can give us a leaner body and more sculpted limbs, but isn't its most important benefit the way it makes us feel? In *Do Your Om Thing*, master yoga teacher and creator of the popular blog OmGal.com Rebecca Pacheco shows us that the true practice of yoga is about much more than achieving the perfect headstand or withstanding an hour-long class in a room heated to 100 degrees. "Yoga is not about performance," she tells us, "it's about practice, on your mat and in your life. If you want to get better at anything what should you do? Practice. Confidence, compassion, awareness, joy if you want more of these and who doesn't? yoga offers the skills to practice them." In her warm, personal, and often hilarious prose, Rebecca translates yogic philosophy for its twenty-first-century devotees, making ancient principles and philosophy feel accessible, relatable, and genuinely rooted in the world in which we live today. And by illuminating how the guiding principles of yoga apply to our modern lives, Rebecca shows us that the true power of a yoga practice is not physical transformation, but mental and spiritual liberation.