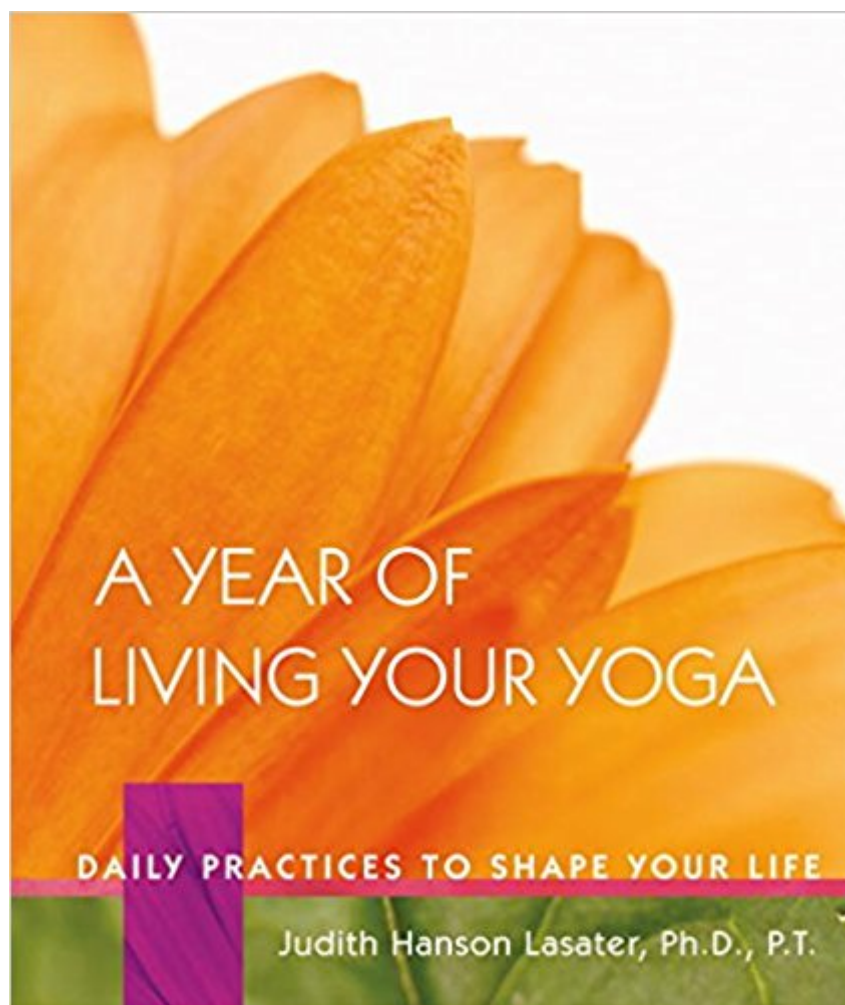


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# A Year Of Living Your Yoga: Daily Practices To Shape Your Life



## 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

I'm admittedly a huge fan of Judith Hanson Lasater's other works, so naturally I was anticipating her latest offering: "A Year Of Living Your Yoga". Borrowing the theme of her other popular publication, "Living Your Yoga", Lasater has created a daily meditation style book that gives bite sized wisdom that you can use daily. Each day, there is a proverb along with a suggestion of how to apply it to your day to day life. For those who want live their yoga and not just "do" yoga, this is a nice little way to do it.

This is a fantastic book to use if you are a yoga teacher. It gives great ideas for class themes, or to use in your own practice. The writings are thought provoking and uplifting. A good read, even if you don't practice yoga.

Short and concise meditations, the perfect way to start the day with a positive and uplifting thought. A helpful reminder of what is really important in our (often) hectic lives.

This small hardback book falls under the category of "calendar book" and is also what I term a "bathroom book." You don't sit down and read this like a novel - what you get are tiny, thoughtful blurbs, one for each date of the year, about bringing yoga into all areas of your life. Sometimes the book is a bit too simple with nuggets like: You need a red pair of shoes! Drive the speed limit! Or, chocolate is sacred and you deserve to eat some! And there are a lot of family-oriented homilies such as reminders to model behavior for your grandchildren. This is a wasted day if you don't have children, much less grandkids! But in the days where something does not apply to me I try to mentally replace the words, as in, "model behavior for your nieces," or just flip around to find a blurb that speaks to me instead of the one slotted for that particular date. The VAST majority of the daily aphorisms (teachings) are quite thoughtful, providing good spiritual reminders towards bringing your yoga practice into your daily existence. Sometimes I resist these little "daily dose" type books as simplistic and honey, but this one is worthwhile. For example, September 23 reminds us the nature of the mind is to be agitated. The author gently reminds us in an aphorism about meditation that this is to be expected, and that's it's better to \*be\* with your mental agitation than to try to control or eliminate it. June 29th just recently reminded me to love people in spite of themselves, in spite of myself (a very useful daily mantra when seeking peace in all kinds of frustrating interactions). One can use this book also as an adjunct to writing in a personal yoga journal. If I wasn't lazy about journaling, I think I'd find that pretty useful. :) More uses: this would be a very nice gift book for anyone exploring yoga. It would make a good by the bedside kind of book, for people to meditate on these ideas upon arising or before sleep. Or take the book along on any mass transit commutes, to read and think when traveling. As for myself, I keep it in the bathroom, so I may mull over my relationship with the teachings as I sit on the throne. :)

Each night when I go to bed I read the next day's thought. Then through the day I try to action it. It is amazing that each day's entry seems to be exactly what you need to think about. An amazing book, will help you build compassion to every moment.

This book I purchased to read to my students as we begin our yoga practice. The meditations are short and sweet and start our practice off just right. I highly recommend this.

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.

Judith - your wisdom just keeps extending. This book has found a home and will be used beyond "a year".

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