

Art of Attention: A Yoga Practice Workbook for Movement as Meditation (Paperback)



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Reviews

Great e-book and helpful one. It usually fails to cost an excessive amount of. I discovered this publication from my dad and i encouraged this pdf to find out.

(Meagan Beahan)

ART OF ATTENTION: A YOGA PRACTICE WORKBOOK FOR MOVEMENT AS MEDITATION (PAPERBACK)



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SOUNDS TRUE INC, United States, 2016. Paperback. Condition: New. Workbook. Language: English . Brand New Book. A beautiful, step-by-step guide for bringing movement-based meditation into your yoga practice and your life. (website: brief marketing statement - 385/500 cws) Distilled from Elena Brower and Erica Jago's acclaimed workshops and training programs, Art of Attention has become an essential resource among instructors and students seeking to bring movement-based mindfulness into their practice. This beautiful illustrated book guides you through pose-by-pose practices, journaling, and luminary wisdom into the deeper experiences of yoga practice. (website: description area copy - no character length limit) Yoga begins with physical well-being. But it can also transport us--through meditation, self-awareness, and movement--into a lifelong exploration of presence, elegance, and deeper life purpose. With Art of Attention, Elena Brower and Erica Jago show us the way. Distilled from their acclaimed workshops and training programs, this multifaceted book can be used as: - A step-by-step workshop for merging movement-based mindfulness with traditional yoga - A tool kit of asanas, meditations, self-inquiry questions, and healing practices for creating your own daily spiritual practice - An uplifting source of visual beauty and wisdom teachings for inner reflection and elevation For students and teachers at every level, this one-of-a-kind resource takes us further into yoga--and the art of living--with clarity, creativity, wonder, and depth. Includes contributions from MC YOGI, Gabrielle Bernstein, Donna Karan, Gwyneth Paltrow, Christy Turlington Burns, and others inspired by Elena and Erica's work. (website: Highlights sidebar) Chapters: 1. Reduce Tension and Find Forgiveness (preface by MC YOGI) 2. Let Go of Blame (preface by Gabrielle Bernstein) 3. Breathe and Find Stillness (preface by Donna Karan) 4. Explore Your Highest Possibilities (preface by Gwyneth Paltrow) 5. Let Your Life Reflect Your Practice (preface by Christy Turlington Burns) (amazon/eloquence copy)...



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