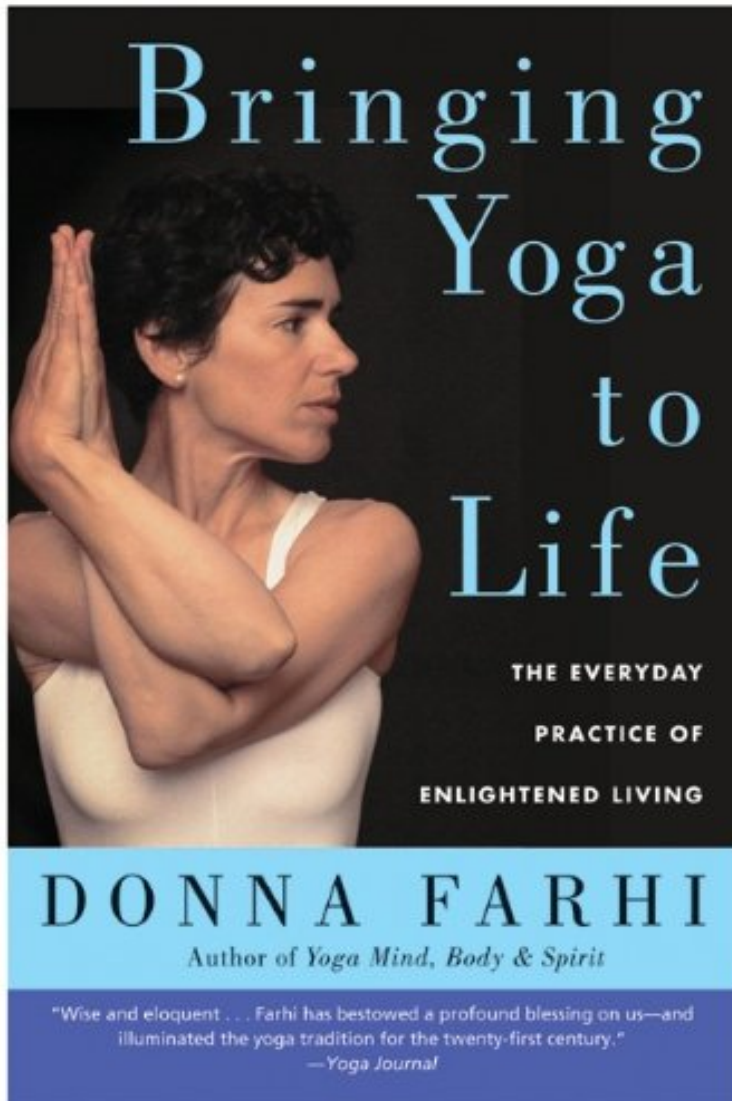


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Bringing Yoga to Life: The Everyday Practice of Enlightened Living



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Par Donna Farhi : **Bringing Yoga to Life: The Everyday Practice of Enlightened Living** before purchasing it in order to gage whether or not it would be worth my time, and all praised Bringing Yoga to Life: The Everyday Practice of Enlightened Living:

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Description : Description du produitCounter to the plethora of seven-step solutions and quick-fix formulas offered by so many contemporary self-help guides, the ancient science of Yoga does not pretend to be simple, quick, or easy. It is a practice that takes into account the very messy and often complex phenomenon of what we call a human being and the equally challenging task of everyday living. What Yoga does promise, however, is that through sincere, skillful, and consistent practice, anyone can become peaceful, happy, and free. -- Donna Farhi In this groundbreaking work, internationally acclaimed teacher Donna Farhi restores Yoga's traditional role as a complete, practical philosophy for everyday living. Most Yoga practice focuses on the physical aspects, or asanas, neglecting the profound spiritual teachings that are its foundation. In this beautifully written, encouraging, and down-to-earth guide, Farhi provides a blueprint for

understanding the complete philosophy of Yoga. For beginners and seasoned practitioners alike, *Bringing Yoga to Life* offers the tools to help us navigate the ups and downs of a spiritual practice, illustrating how we can become our own teacher and obtain the deep rewards available through engagement with an authentic path. Brimming with insight gathered from over twenty years of teaching experience, this lyrical exploration of the heart of Yoga is essential for anyone who practices this ancient tradition.

Internationally renowned and bestselling author Donna Farhi moves yoga practice beyond the mat into our everyday lives, restoring the tradition's intended function as a complete, practical philosophy for daily living. Expanding upon the teachings of Patanjali's Yoga Sutras, the core text of the yoga tradition, Donna Farhi describes yoga's transforming power as a complete life practice, far beyond its common reduction to mere exercise routine or stress management. This is the philosophy of yoga as a path to a deeper awareness of self. Drawing upon her years of teaching with students, Farhi guides readers through all the pitfalls and promises of navigating a spiritual practice. Farhi's engaging and accessible style and broad experience offer important teachings for newcomers and seasoned practitioners of yoga alike. And because her teachings of yoga philosophy extend into every corner of daily life, this book is an equally accessible guide to those seeking spiritual guidance without learning the pretzel bendings of the physical practice itself. As one of the top teachers worldwide, Farhi's exploration of the core philosophy of yoga is destined to become an instant classic. *From Publishers Weekly* Farhi (*Yoga Mind, Body, and Spirit; The Breathing Book*) explains how to begin the process of integrating the principles of yoga into daily living. This is not a book for seekers of a quick self-help fix; Farhi points out "the ancient science of Yoga does not pretend to be simple, quick, or easy." Rather, it's for readers interested in learning about the origins of yoga and using this deeper understanding to bring slow improvement to mind and body. Slow is an operative word—there's even a chapter on slowing down, which is the "precursor to yoga practice because this simple act allows us to consider our thoughts, feelings, and actions more carefully in the light of our desire to live peacefully." Other chapters address becoming one's own teacher, trusting what one does not fully comprehend, and getting through roadblocks (such as sloth and feelings of inadequacy) on the path to enlightened living. Each chapter contains anecdotes of the small ways in which yoga reaches into everyday people's everyday lives—and these stories elucidate the power of yoga in ways no theoretical teachings can. Copyright 2003 Reed Business Information, Inc. *Booklist* Farhi, a well-known yoga teacher who divides her time between New Zealand and the U.S., has taught for over 26 years and authored two previous books. This especially thoughtful treatise about the relationship of yoga practice to everyday life is well written and aimed at both new and longtime practitioners of yoga. Farhi combines her knowledge of classic yoga philosophy with insights from her years of practice and teaching. She was personally challenged by eating disorders and perfectionist tendencies, and learned that true yoga practice is not found in transient physical attainments, such as mastering difficult poses or sitting for longer periods of meditation, but rather in taking a more spiritual approach. To that end, she guides the reader to seek a deeper spiritual level in order to use yoga learning to live everyday life with more authenticity and compassion. Jane Tuma Copyright American Library Association. All rights reserved