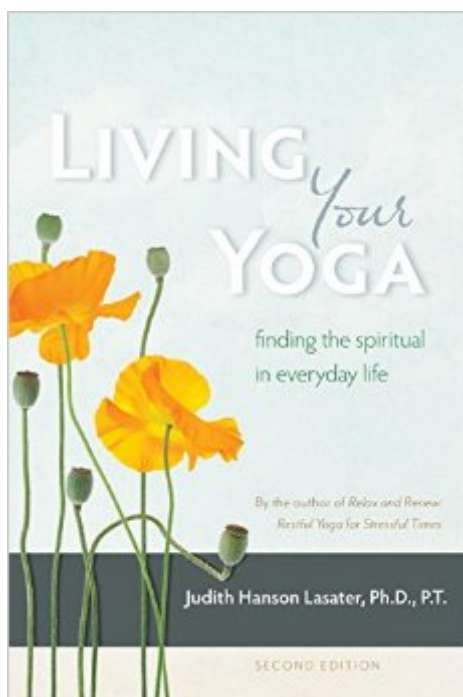


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# Living Your Yoga: Finding The Spiritual In Everyday Life



## Synopsis

If you think that you have to retreat to a cave in the Himalayas to find the enlightenment that yoga promises, think again. In this second edition of *Living Your Yoga*, Judith Hanson Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life—*all of them*—as ways to practice. This edition includes three new chapters (Relaxation, Empathy, and Worship), a full index, and new interior and cover designs. Using the time-honored wisdom of the Yoga Sutra and the Bhagavad Gita to steer the course, she serves up off-the-mat practices to guide you in deepening your relationships with yourself, your family and friends, and the world around you. Inspiring and practical, she blends her heartfelt knowledge of an ancient tradition with her life experiences as a daughter, sister, partner, mother, friend, and yoga practitioner and teacher. The result: a new yoga that beckons you to find the spiritual in everyday life.

## Book Information

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## Customer Reviews

Though she holds a doctorate in East-West psychology, there's nothing academic or abstract about Judith Lasater's approach to "living your yoga." She writes in down-to-earth language we can all understand, her points illustrated with homespun anecdotes drawn from her life as a student and teacher, wife and parent. The book is divided into three parts, that grapple with an ever-widening circle of contexts and issues, from the intrapersonal ("Yoga within Yourself") to the interpersonal ("Yoga and Relationships") to the broadly social ("Yoga in the World"). Each part has seven chapters, with subjects ranging from self-judgment, fear, suffering, impermanence, and greed, to faith, courage, compassion, truth, nonviolence, and love. Each chapter has five sections: an

opening quote from either the Yoga Sutra or the Bhagavad Gita, which sets the theme for the chapter as a whole; a pithy essay which expands upon this theme; a simple guided practice that helps us to integrate the theme in our everyday life and so experience its enlightening effects; brief suggestions for further practice; and a list of affirmations, called "mantras for daily living," that keep us centered, compassionate toward our self and others, and committed to our spiritual work. The English philosopher Francis Bacon once wrote, "Some books are to be tasted, others to be swallowed, and some few to be chewed and digested." Living Your Yoga is a feast for the soul that will nourish us again and again with its wisdom.

This book speaks volumes with a quiet simplicity that is the essence of yoga. It is very easy to read and understand, yet tackles many issues we face in our everyday lives. I find that yoga, although it appears easy from the outside, is a complex practice that gently sinks in every day and subtly changes us from the center outward. I feel this book does the same. I intend to refer to it often. Namaste.

This was a really good book. It wasn't necessarily about Yoga postures or the theory or practice of Yoga. It focused more on the principles on how to live your life, while using Yoga as a medium to achieve some of them. This was one of those books that calms your mind and brings you a sense of peace, inspiring you to want to incorporate those principles into your own life. I will be reading more of her writings in the future.

I decided I liked Judith Lasater after reading her articles in Yoga Journal. She explained in one article the pathological process of sciatica nerve pain in very concrete, medical and scientific terms, enabling me to understand it completely and therefore help myself and bring this VERY common problem under control. Yoga Journal also recommended this book; "Living Your Yoga..." as another good read for her so I purchased it, like many of us, wanting to know how to bring this beautiful practice of Yoga that we love sooo much into our everyday lives!! I could not put this book down, fellow readers, what I found was sometimes overwhelming, especially since most of us in Western society are taught to think "from the neck up" and not from our hearts. Some of it could only be assimilated by much contemplation, like the statement that all of us humans have our reality defined by our beliefs and practices. Reading the chapter on suffering, that was a tough one, especially since I see so much of it in nursing and it is difficult to cultivate "detachment". In other ways, this book is almost like a workbook, giving practices for the reader to participate in and mantras to chant

at the end of each chapter. Then there is the last chapter on love... Well, I won't spoil the surprise but I am sure that no one will be disappointed!

A quiet thoughtful book about "the rest of yoga" ... the non physical side that is all too often forgotten. There is a lot of meat to the book and it's presented in a non-pretentious way. I have read her book a few times and either pick up something new or allow myself to see something new with each chapter. It's not about the physical (asana) branch of yoga but about working to become a better person. I respectfully disagree with the reviewer that felt the book was more suited to people with children ... read it again without judgement and you may have a very different take. A must own in any yoga library and highly recommended for anyone alive, breathing and thinking!

This book is inspiring on a real-life, everyday level. The author writes about incidents from her own life that most of us will be able to relate to, and offers ways to keep the spirit of yoga flowing throughout the ups and downs of our lives. I've never liked those "inspirational" books full of cutesy quotes, and this isn't like that. It's just a down-to-earth, common-sense book that will make you think about how you deal with others, how to overcome your impatience, stress, etc.

Fabulous book and just what I was looking for. Although still a beginner, my instructor has been exposing us to the spiritual aspects of yoga. I was looking for more information and have found it in Judith's book. Written in a very straight forward and loving manner, she provides an excellent format for any person to begin to integrate their personal spiritual beliefs with their yoga practice and everyday life. I would recommend it to anyone who is wanting more out of their practice than a no pain no gain attitude.

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