



Bringing Yoga to Life: The Everyday Practice of Enlightened Living

By Donna Farhi

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Bringing Yoga to Life is not a book about Yoga poses or how to achieve the perfect body. It is exactly what the title describes, a work on utilizing Yoga daily to learn who we are as individuals. Chapter by chapter, Farhi show us how we can cope with living in the world as part of the collective. It doesn't matter how you start Yoga or why, but do it and see where it leads you on the path to self-awareness and acceptance of others. Farhi presents the philosophy in easy-to-read language. Daily practice of Yoga will gradually result in the dissipation of such demons as addictions and fear. Life's difficulties won't be miraculously erased through the practice of Yoga; we will learn to live instead of drowning ourselves in numbness and unnecessary suffering. Bringing Yoga to Life is a keeper. Bringing Yoga to Life: The Everyday Practice of Enlightened Living by Donna Farhi. Author: Phil Catalfo. Updated: Apr 5, 2017. Original: Aug 28, 2007. HarperSanFrancisco. Renowned yoga teacher Donna Farhi might just as well have titled her new book Bringing Your Life to Life with Yoga, for the somewhat confusing phrasing of her title belies the simple yet powerful message of her book: "What yoga [promises]...is that through sincere, skillful, and consistent practice, anyone can become peaceful, happy, and free.". This work is a thorough, highly readable, very rewarding discussion of Bringing Yoga to Life: It has been added to your Cart. Add gift options. Buy used Farhi presents in clear and imminently practical terms how we can live our yoga right now. (Judith Hanson Lasater, Ph.D., PT, author of 30 Essential Yoga Poses). An intelligent work, a fun, interesting read, and a timely inspiration. Savor what Donna offers here. (Erich Schiffmann, author of YOGA: The Spirit and Practice of Moving into Stillness). Her wise and eloquent discourse has illuminated the yoga tradition for the 21st century. (Yoga Journal). Totally enlightening insight into how you can develop, and alter the path of your emotions and behaviors, in consideration of physical yoga practice and study of the 8 limbs. Thought provoking Read more.

Farhi, the internationally renowned yoga teacher, moves yoga practice beyond the mat and into everyday life. Read Less. Farhi, the internationally renowned yoga teacher, moves yoga practice beyond the mat and into everyday life. Read More. Filter Results. Whether you are becoming a yoga teacher, or exploring the possibilities of yoga in your life, this book is an essential means of support and solution. It awakens not only the body but the mind to the possibilities available if one choose to adopt even one of the yogic principals. What is important to consider when reading this book, is that time takes time. Incorporating yoga into ones life takes time. Genuine and ideally consistent application will yield great results. See All Customer Reviews. Bringing Yoga to Life book. Read 103 reviews from the world's largest community for readers. Internationally renowned and bestselling author Donna Farhi ... 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 li 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 Bringing Yoga to Life: Th has been added to your Cart. Add gift options. Buy used - Farhi presents in clear and imminently practical terms how we can live our yoga right now. (Judith Hanson Lasater, Ph.D., PT, author of 30 Essential Yoga Poses). An intelligent work, a fun, interesting read, and a timely inspiration. Savor what Donna offers here. (Erich Schiffmann, author of YOGA: The Spirit and Practice of Moving into Stillness). Her wise and eloquent discourse has illuminated the yoga tradition for the 21st century. (Yoga Journal). Totally enlightening insight into how you can develop, and alter the path of your emotions and behaviors, in consideration of physical yoga practice and study of the 8 limbs. Thought provoking Read more.

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In "Bringing Yoga To Life" Donna Farhi goes beyond the postures and moves deeply into the heart of yoga, the practice of yoga in one's day to day life. Still, you can also bring your actual physical practice of Yoga "to life" by incorporating an awareness of the 8 limbs. This will help you deepen and internalize your asana practice. Soon after practicing yoga and finding myself changing in strange and remarkable ways, I felt I needed a book that might explain the less obvious "benefits" of yoga other than physical fitness. I now read a chapter or two of this book every night and so far I have the feeling that I am conversing with a very wise, benevolent, and understanding teacher. Read Bringing Yoga to Life by Donna Farhi with a free trial. Read unlimited* books and audiobooks on the web, iPad, iPhone and Android. 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. Giving yoga practice its day of celebration is a fitting honor. But as practitioners know, it's the practice we do every day, over months and years, that allows the benefits of practice to integrate. For most of the yoga tradition's history, aspiring students didn't start their yogic journey with asana (posture) practice. Instead, they learned the foundations of yoga, the yamas, and niyamas, before embarking on the rest of the path. The yamas (ethical precepts) and niyamas (daily life yoga practices) are the foundation of the path. They are the first two limbs of the Eight Limbs of Yoga. What