



A Year of Living Your Yoga: Daily Practices to Shape Your Life

P.T. Judith Hanson Lasater Ph.D.

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Judith Hanson Lasater has been teaching an annual yoga retreat at Feathered Pipe Ranch, in Helena, Montana, for 28 years. When she learned that one of her students was collecting Lasater's thoughts — which she called “Judith's aphorisms” — 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 author'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 one's self and to life's ups and downs — 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.

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