

1. Record Nr.	UNINA9910163891703321
Autore	Baptiste Baron
Titolo	Perfectly imperfect : the art and soul of yoga practice // Baron Baptiste
Pubbl/distr/stampa	Carlsbad, California : , : Hay House, Inc., , 2016 ©2016
ISBN	1-4019-4877-4
Descrizione fisica	1 online resource (77 p.)
Classificazione	HEA025000
Disciplina	613.7/046
Soggetti	Hatha yoga - Health aspects Mind and body Health Physical fitness
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Title Page; Copyright Page; Table of Contents; Introduction; Why Do Yoga?; The Dance of Yes and No; What You Say Is So; The Breath of Victory; Steady Your Gaze; Drop, Stream, River; Be Where You Are; Begin Again; Do the Work; The Myth of the Real Yogi; The Cosmic Joke; Strive Not to Arrive; Complete with Heart; Acknowledgments; About the Author; Resources
Sommario/riassunto	"This book will shine new light on your journey, ignite your practice with new power, inspire new possibilities for growth, and infuse your life with the grace and confidence you seek." --Baron Baptiste A little over a decade ago, Baron Baptiste published his seminal book, Journey into Power. The first of its kind, it introduced the world to Baptiste Power Vinyasa, his signature method that marries a lifetime of studying with some of the world's most renowned yoga masters with his uniquely powerful approach to inner and outer transformation. Since then, yoga has steadily moved into the mainstream of our culture, and Baron's unique contribution has played a key role. As millions of participants incorporate yoga into their daily lives, Baron's teachings have evolved to bring them even deeper into their own transformative possibilities. Perfectly Imperfect: The Art and Soul of Yoga Practice takes readers beyond the foundations of the practice by speaking to

everything that happens in their bodies and minds after they get into a yoga pose. That is where the true transformation occurs, and where much rich spiritual and emotional growth is available. Readers will learn how to move through their lives with grace and flow, begin again when a situation becomes difficult, "be a yes" for their innermost desires, give up what they must, follow their intuition, and find their true north. With his signature blend of boldness, insightfulness, humor, and warmth, Baron offers what is destined to be an instant classic in the yoga and meditation world. With Perfectly Imperfect, he proves once again to be a true yoga master for the modern world"--
