

1. Record Nr.	UNINA9910822771703321
Titolo	How we live our yoga : teachers and practitioners on how yoga enriches, surprises, and heals us // personal stories edited by Valerie Jeremijenko
Pubbl/distr/stampa	Boston, Mass., : Beacon Press, 2002
ISBN	0-8070-6294-4
Descrizione fisica	1 online resource (200 p.)
Altri autori (Persone)	JeremijenkoValerie
Disciplina	181/.45
Soggetti	Yoga
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di contenuto	Intro -- CONTENTS -- introduction -- coming apart in pune -- brick by brick -- the meaning of brahmacharya -- lyric yoga -- the practice of paradox -- balancing acts: two views on ashtanga -- an insomniac awakes -- journey in yama-yama land -- the art of breathing -- howi became swami mommy -- journey of a lifetime -- the guru question -- subtle alchemy -- corpse pose -- contributors -- acknowledgments.