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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
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Descrizione fisica	1 online resource (200 p.)
Altri autori (Persone)	JeremijenkoValerie
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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.
Sommario/riassunto	How We Live Our Yoga collects fourteen frank, moving, and thoughtful personal essays by passionate yoga practitioners on why they began to practice, what it has brought to their lives, how their relationship to yoga changes and evolves, and more. Judith Lasater looks at the unexpected relationship between yoga and parenting. Award-winning poet Stanley Plumly ponders the connection between his Quaker upbringing, his writing, and his yoga practice. The well-known Sanskritist Vyaas Houston tells the story of his first guru and their difficult relationship. And philosopher and conceptual artist Adrian Piper comes out as a yogic celibate. From the Trade Paperback edition.