



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

Judith Hanson Lasater

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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.

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

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Author : Judith Hanson Lasater

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From Reader Review A Year of Living Your Yoga: Daily Practices to Shape Your Life for online ebook

Whitney Pittsenbarger says

This book is pretty cool. It gives you an intention for the day and it is very mindful. I do believe I will be buying this one and using it throughout many years.

Angela Boland says

Basically, it's a yoga devotional book. Every day of the year, Judith Hanson Lasater gives a short, maybe four-sentence meditation for you to ponder during your yoga practice or throughout your day. Since I'm trying to read as many books as I can for my "book fairy" library, I couldn't take a year to complete it just now, sadly. I would recommend that you do so. Each thought stands well and fully on its own and in a short amount of time will give you so much to ponder. I kind of can't stop talking about how many applicable things I took away from it. I would highly recommend it to any yogi.

Brindi Michele says

LOVE THIS! I must purchase ASAP for the new year :)

Carrie Ridgeway says

A good book to read a day at a time throughout the year if you are looking for a very short morning read. Personally, I am finding Mark Nepo/s The Book of Awakening: Having the Life You Want by Being Present to the Life You Have a deeper, but longer daily read.

Heather says

Great everyday yoga resource.

Sarah says

A wonderful collection of daily reminders to breathe, relax, and appreciate the important things in life. Yoga practitioners will enjoy keeping this one on their nightstands and teachers will enjoy sharing the words of wisdom with their students in class. Lasater truly knows what it means to 'live' yoga.

Em says

The book provides a yoga-related thought or focus for each day of the year which although a lovely idea, I found there were just too many days where I read the entry but was too busy or preoccupied to consciously apply it throughout the day.

Alison says

This book wasn't quite what I was expecting, but it was actually really nice, like a 'day' calendar where there's a thought, insight and even an 'action' for every day of the year. No images of people doing asanas or anything, but some really nice insights and thoughts.

Dusica says

Loved this little book. Returning to it often!

Bonnie says

This is a gem that you can refer to on a daily basis. I am a Judith Lasater fan. In July I attended her Restorative Poses teacher training in San Francisco. She is a remarkable yoga teacher and a wonderful, intuitive, wise person. This book has a thought for each day of the year.

Here is the entry for February 12th:

Whatever you do, do it with an open heart.

LIVING YOUR YOGA: Maybe you agreed to do something but now you are wishing you hadn't. If you do choose to follow through in the end, do so with willingness and interest. You will suffer less and so will the others around you.

And for Valentine's Day, February 14th:

Observing weakens resistance.

LIVING YOUR YOGA: fighting with something makes it stronger. Today when you want to push something away, instead just sit down, close your eyes, and for five minutes imagine yourself as a large container holding your own resistance. The resistance may remain but you are fighting it no longer. This is freedom.

I love my stack of "snippet" books. This is truly one of the delights of retirement: as I enjoy my fruit plate each morning, I indulge in these sweet mental stimuli - reading a thought, a few poems, reviewing a page in a language workbook, etc. My current stack includes: Louise L Hay's Wisdom Cards, A Year of Living Your Yoga, The Essential Rumi, The Collected Poems of Langston Hughes, and Equipe 3 (a French

workbook). I try not to be rigid about this, of course, because that would spoil the fun, but I do look forward to my daily samplings.

A lovely book – highly recommended!

Millie Jackson says

I read this every morning.

Sandra says

In this book, Judith Lassiter offers daily meditations and thoughts to structure practice in and off the mat. I've been working with this book for a few years. I've shared the meditations in this book with friends and coworkers as they sometimes are helpful for a situation or inspiring for a birthday or other auspicious times and events. I feel like this is one tool I use to anchor myself and I look forward to the gifts I find within the pages.

Coleen says

Among the top ten on yoga inspired books to read.

Susan Elizabeth Phillips says

I keep this lovely book by my bed as a reminder that my yoga practice is about more than being able to a headstand. Which I can't do and, frankly, don't care about doing. So much wisdom inside its cover.

Tiffany Mercer says

Yogis. Non-yogis. Everyone should have this book in their home to go back to throughout life! Wonderful perspectives and affirmations!
