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Learning Yoga has been on my "to do" lists for a long time and I am happy to say I have been slowly learning about Yoga through various books. Living Your Yoga Finding the Spiritual in everyday Life increased by Yoga knowledge and increased my desire to keeping Yoga at the forefront of my daily life.

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See also Yoga Sutra 1.1: The Power of Now One of the greatest things I've learned from my teacher, T. K. V. Desikachar, is that the true value of yoga is found when you apply it to your daily life—especially in those messy moments (say, when your dog decides to have at a dirty diaper). The Yoga Sutra of Patanjali, widely regarded as the authoritative text on yoga, is not just for ...

The Yoga Sutra: Your Guide To Living Every Moment - Yoga ...

9. "Learning to be present with yourself and to abide in that which is steady and comfortable does not allow space for self-judgment. When you live this way, you are practicing yoga: you are living fully." —Judith Hanson Lasater, Living Your Yoga: Finding the Spiritual in Everyday Life