

Healing

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Featuring: Judith Hanson Lasater

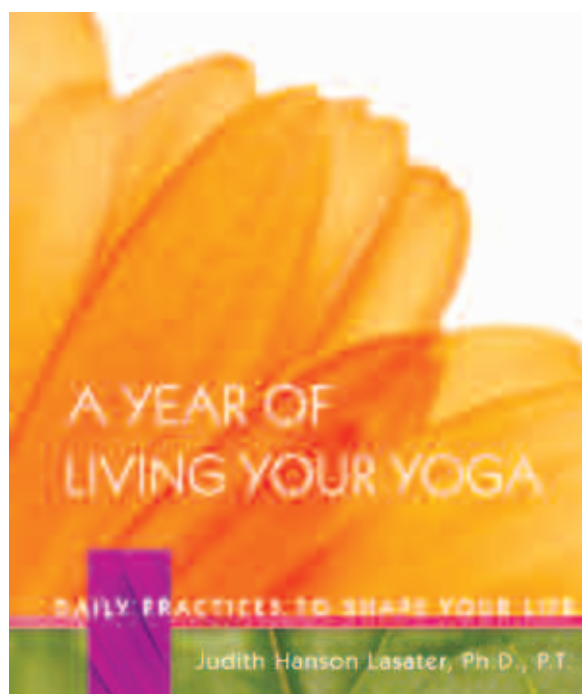
A Year of Living your Yoga

In **Judith Hanson Lasater's** new book, *A Year of Living your Yoga* (Rodmell Press, 2007), she offers an inspirational "Judith aphorism" as well as a practice for every day of the year. Ranging from recognizing love and hate to leading a fulfilling life, Lasater's quotes are thought provoking, encouraging you to truly live your yoga. Here's one to get you started:

JANUARY 1

Living well is not about being calm; it is about being present.

Living Your Yoga: For five minutes today, practice just being present with your emotions without reacting to them. Notice how they come and go.



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