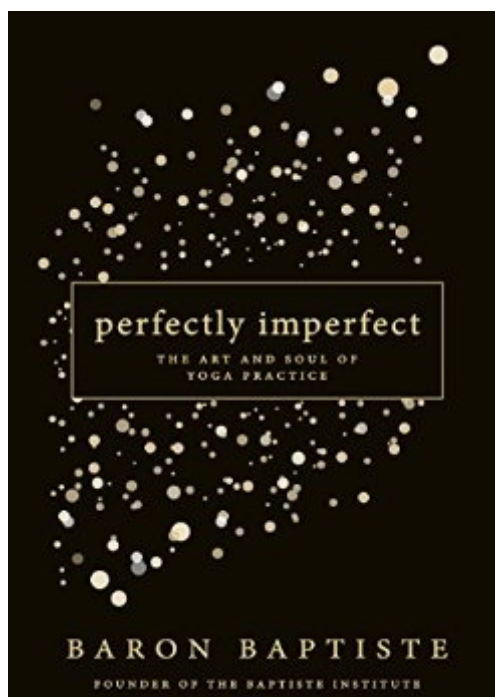


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Perfectly Imperfect: The Art And Soul Of Yoga Practice



Synopsis

A little over a decade ago, Baron Baptiste published his seminal book, Journey into Power. The first of its kind, it introduced the world to Baptiste Yoga, his signature method that marries a lifetime of studying with some of the world's most renowned yoga masters with his uniquely powerful approach to inner and outer transformation. Since then, yoga has steadily moved into the mainstream in our culture, and Baron's unique contribution has played a key role. As millions of participants incorporate yoga into their daily lives, Baron's teachings have evolved to bring them even deeper into their own transformative possibilities. Perfectly Imperfect: The Art and Soul of Yoga Practice takes readers beyond the foundations of the practice by speaking to everything that happens in their bodies and minds after they get into a yoga pose. That is where the true transformation occurs, and where much rich spiritual and emotional growth is available. Readers will learn how to move through their lives with grace and flow, begin again when a situation becomes difficult, to be a yes for their innermost desires, give up what they must, follow their intuition, and find their truth north. With his signature blend of boldness, insightfulness, humor, and warmth, Baron offers what is destined to be an instant classic in the yoga and meditation world. With Perfectly Imperfect, he proves once again to be a true yoga master for the modern world.

Book Information

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Customer Reviews

It's a really beautiful book - a journey into Baron's approach to yoga and life. There's so much out there about technique and teaching styles and it's refreshing to have a guide to how to apply yoga philosophy to life. Isn't that why we practice on the mat? So we can live a more fulfilling life off the mat? Also, the Apple App store has a really cool companion app to the book - search for 'Baptiste' - 40 sessions that include videos and journaling exercises to help integrate the teachings from the book into every day life. Really cool and totally worthwhile.

As a practitioner of yoga (beginner or advanced) the book relates directly to many areas in our lives. This book shows me that there is so much power in my imperfections and that my strength can come from the awareness and acceptance of my flaws.

Perfectly Imperfect is an important reminder to those of us who have been practicing yoga for years (or decades). Baron pokes and prods you to make sure you know WHY you step onto your yoga mat. He makes you look at HOW you approach and experience your poses and then challenges you to peel away the layers that hold you back from being AUTHENTICALLY YOU. Newer yogis who come upon this book will be lucky to receive this sound advice from the start. On the Verge: Wake Up, Show Up, and Shine

Baron takes thousands of years of teaching and gives it to us in a completely relatable way. This book goes beyond asana and beyond personal development and accesses true human potential in a simple, yet profound delivery. If you are looking to understand the complexities of yoga and/or the complexities of your own life, this is it! A manual for being human: a perfectly, imperfect human. A short read with great impact.

This book is a must read for all yogis. Baron eloquently captures the essence of yoga and explains how asana, the seemingly most accessible part of yoga, can serve as a catalyst for changing your way of being!

Loved the organization of this book. The simplicity and yet depth to each thought was well written. It has truly awakened my yoga practice.

I thought it would be less like a self help book but that's what it seems like so far.

Barron is first kind and patient then he works hard. Then he enjoys and resets. I personally am not sure of the future of yoga for me. I am only beginning but I am inspired and I believe and can understand his elevated view of yoga. But I already know what it is that truly plants my feet on the ground. Maybe my yoga matt and baby pose will find a way to sustain itself as a daily practice in my life. We will see. It has started kind and has grown as work and as enjoyment. It is a new friend , but more important perhaps is I have made a deeper friend with myself as a result of this man. He feels like a friend and not a guru. I don't mean to say I don't feel utterly exposed and tempted to sulk in shame, but I have nothing really to loose since I have only just begun. I forgive the past and my self crippling cowardly fears that only perpetuate the dangers they say they avoid. I am curious about my future with yoga, but I am certain I am a better man having gotten to know this old soul. Yoga maybe maybe not, it seem to soon to say, but becoming a yogi, hah I can't imagine not being one.

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