



## Yoga Wisdom at Work

By Showkeir, Maren/ Showkeir, Jamie/ Day, Christine (FRW)

Ingram Pub Services, 2013. Paperback. Book Condition: New. 15.24 x 22.22 cm. "In the Western world, the yoga practice associated with doing poses on a mat benefits millions of devotees every day. Yet few people realize that the physical practice is rooted in a larger philosophy offering profound insights that can help people confront the complexities of daily life, especially at work. Maren and Jamie Showkeir's unprecedented book brings into crisp focus the full range of yoga's rich, transformational benefits. Based on the traditional Eight Limbs of Yoga (the postures, or asanas, are only one limb), it offers straightforward, practical suggestions on how to integrate yoga's ancient philosophy and beautiful spiritual principles into the modern workplace. The Showkeirs know firsthand how yoga's wisdom can make work--and life--more rewarding and worthwhile. They explain each of yoga's tenets and show how a broad, steadfast practice leads to a productive, creative, and energizing work environment. The book offers illuminating stories from people in professions such as banking, law enforcement, film directing, education, and more. These living examples illustrate how yoga's teachings reduce stress and increase meaning and satisfaction at work. The Showkeirs believe passionately that a physical practice alone will barely scratch the surface..."



**READ ONLINE**  
[ 5.85 MB ]

### Reviews

*Good e book and valuable one. Better then never, though i am quite late in start reading this one. You are going to like how the article writer publish this publication.*

-- **Malcolm Block**

*Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).*

-- **Paolo Spinka**

## You May Also Like



### **Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for free A best-selling...



### **Electronic Dreams: How 1980s Britain Learned to Love the Computer**

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber keys? Did you marvel at the immense...



### **California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package**

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



### **Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package**

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



### **Who Am I in the Lives of Children? an Introduction to Early Childhood Education with Enhanced Pearson Etext -- Access Card Package (Paperback)**

Pearson, United States, 2015. Paperback. Book Condition: New. 10th. 251 x 203 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



### **Boost Your Child s Creativity: Teach Yourself 2010 (Paperback)**

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...