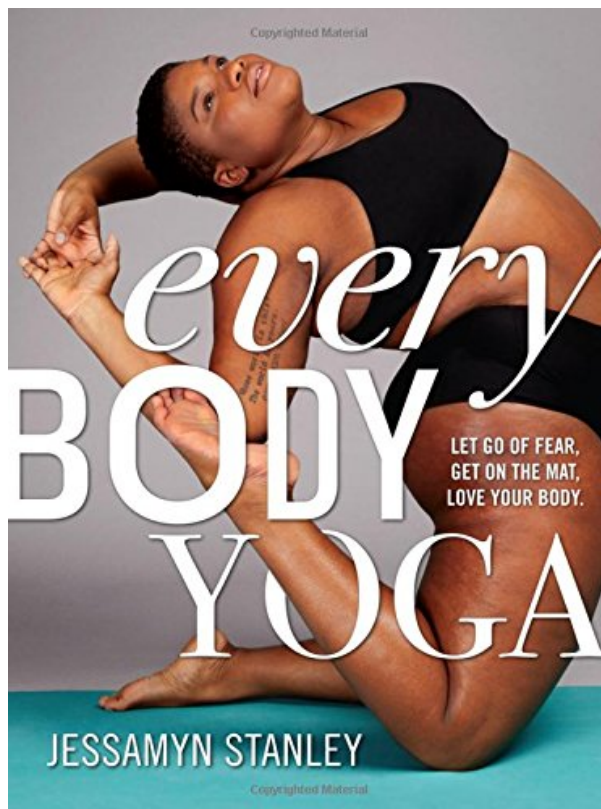


Download Every Body Yoga: Let Go of Fear, Get On the Mat, Love Your Body. Online Book PDF by Jessamyn Stanley



Synopsis:

From the unforgettable teacher Jessamyn Stanley comes *Every Body Yoga*, a book that breaks all the stereotypes.

It's a book of inspiration for beginners of all shapes and sizes: If Jessamyn could transcend these emotional and physical barriers, so can we.

It's a book for readers already doing yoga, looking to refresh their practice or find new ways to stay motivated.

It's a how-to book: Here are easy-to-follow directions to 50 basic yoga poses and 10 sequences to practice at home, all photographed in full color.

It's a book that challenges the larger issues of body acceptance and the meaning of beauty.

Most of all, it's a book that changes the paradigm, showing us that yoga isn't about how one looks, but how one feels, with yoga sequences like "I Want to Energize My Spirit," "I Need to Release Fear," "I Want to Love Myself."

Jessamyn Stanley, a yogi who breaks all the stereotypes, has built a life as an internationally recognized yoga teacher and award-winning Instagram star by combining a deep understanding for yoga with a willingness to share her personal struggles in a way that touches everyone who comes to know her. Now she brings her body-positive, emotionally uplifting approach to yoga in a book that will help every reader discover the power of yoga and how to weave it seamlessly into his or her life.

