



Do Your Om Thing: Bending Yoga Tradition to Fit Your Modern Life

Rebecca Pacheco

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YOGA, MEET LIFE.

Sometimes an hour-long yoga class is the only chance we get to connect meaningfully with our bodies and our minds during an otherwise hectic week. For a brief moment we're able to let our worries melt away and feel relaxed, centered, and fully ourselves. Have you ever wondered how it would feel to bring that experience out of the yoga studio and into your everyday life?

In *Do Your Om Thing*, master yoga teacher and creator of the popular blog OmGal.com Rebecca Pacheco shows us how to do just that. The true practice of yoga, she says, goes deeper than achieving the perfect headstand—it is about bringing awareness and intention to every part of our lives. In her warm, personal, and often hilarious prose, Rebecca translates yogic philosophy for its twenty-first-century devotees, making ancient principles feel accessible, relatable, and genuinely rooted in the world in which we live today.

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From reader reviews:

Richard Dutton:

Playing with family in a very park, coming to see the ocean world or hanging out with friends is thing that usually you will have done when you have spare time, then why you don't try point that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Do Your Om Thing: Bending Yoga Tradition to Fit Your Modern Life, you could enjoy both. It is fine combination right, you still would like to miss it? What kind of hang-out type is it? Oh can happen its mind hangout folks. What? Still don't have it, oh come on its referred to as reading friends.

George Hughes:

Beside this particular Do Your Om Thing: Bending Yoga Tradition to Fit Your Modern Life in your phone, it may give you a way to get closer to the new knowledge or information. The information and the knowledge you may got here is fresh in the oven so don't possibly be worry if you feel like an old people live in narrow small town. It is good thing to have Do Your Om Thing: Bending Yoga Tradition to Fit Your Modern Life because this book offers to your account readable information. Do you often have book but you rarely get what it's about. Oh come on, that would not happen if you have this in the hand. The Enjoyable blend here cannot be questionable, just like treasuring beautiful island. Techniques you still want to miss it? Find this book and read it from now!

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