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Foreword by Amy Weintraub,
author of *Yoga for Depression*

JENNIE LEE
true yoga

PRACTICING *with the* YOGA SUTRAS
for HAPPINESS & SPIRITUAL
FULFILLMENT

"A wonderfully fresh and down-to-earth guide to
applying the sage wisdom of the Yoga Sutras."

—Donna Farhi, author of *Bringing Yoga to Life*

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Jennie Lee

**True Yoga: Practicing With the Yoga Sutras for
Happiness & Spiritual Fulfillment**



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What I love concerning this book is how the author takes the .. Five Stars Amazing book! True Yoga is a book that I could read over and over again but still find something new to take apart and connect with my life. Thank you Jennie Lee &...! A genuine gem. It really is like having your own private Yogi coach in a book. I came across it a pleasure to read and each chapter can be well described with good examples making it very easy to follow and understand. In addition, it shows how you can't find long-term joy by satisfying external desires and acquiring material things and that long-term joy is only attained from within and through your connection with the Divine.! Highly recommended! This book pays to be and is accessible to the novice and professional as well. This book is indeed clear and self-explanatory.! What I love about this book is how the author calls for the 8 Limbs of Yoga and breaks them down into specific and authentic methods for the reader to comprehend and make connections with their daily life. It helps you realize simple yet powerful ways of walking through existence happily and peacefully. I wish I experienced True Yoga as an instrument 3 years ago when I started diving into the historic Yogic texts. It not merely explains these beautiful yogic ideas but gives daily procedures of how to harness them and place them into practice in our every day. There are Affirmations, meditations, deep questions for additional reflection and exercises to take out into the world to apply and play with the wisdom we uncover in ourselves through the Sutras. This book is indeed well written! I have already been doing yoga for twenty years, two years ago I did my teacher training. We dabbled in the Philosophical concepts in our teaching but it is quite dense details and I felt like I learned a bunch of words I possibly could barely pronounce and not much more. Five Stars I LOVE this book. I have found opportunity to use what I have learned in this publication parenting my three males, in my own marriage, at function and many other times when it has felt just like the sky was falling. Many thanks ! I highly recommend this book to teachers & I plan to tell everyone whether they want to learn about the sutras or desire to obtain some happiness in their lives, that they ought to read True Yoga: Practicing With the Yoga exercises Sutras. Her ability to "bring home" the meanings and provide methods to apply them in our everyday life is indeed exciting! Excellent book! Strongly suggested! Jennie's book, True Yoga, has been a very useful addition to my trainings also to my very own spiritual growth.. As a yoga educator, I take advantage of the typical translations on the Yoga Sutras for my instructor trainings, but frequently my students find it difficult to understand.. Her apparent and effective good examples and meditations make the sutras more relatable in our contemporary world. Now with True Yoga simply by my side I'll re-read ancient Yogic texts just like the Yoga Sutras & Bhagavid-Gita with a fresh perspective ... True Yoga is crucial read in case you are prepared to deepen your yoga practice off the mat. It really is a workbook. Now with True Yoga by my side I'll re-read ancient

Yogic texts like the Yoga Sutras & Bhagavid-Gita with a new perspective and a sense of clearness. Jennie Lee clarifies Yoga philosophy in layman's terms, while simultaneously deepening your understanding of the traditional Sanskrit vocabulary in a way that really makes sense. I came across that I was able to apply her technics and suggestions immediately in my daily life. Unlike other yoga exercises books I've read previously that get so swept up in the jargon, no-one can understand. The principles are so well crafted, clear, and easy to apply. Readable and connect with life! This book is a wonderfully written practical guide on how best to approach life through most of its many challenges. True Yoga is actually what yoga is focused on: balancing the body, brain, and spirit to extend to its highest personal. Good book for Yogis Came quickly! I learned how yoga is a lot more than postures and stretches in a mat and how to integrate yoga teachings, written a large number of years back, into my life. This book is a guide to life. I find I'm now much more relaxed with challenges at the job and in my associations with coworkers and family members. It is a wonderful gift you can provide to yourself and others! I'm grateful because of this book and the brand new positive outlook I now have on life! Jenny Lee proved me personally wrong! Self realization. I figured I was just incapable of learning about them through a publication. Jenny Lee proved me incorrect! Jennie Lee will help you prepare for moving deeper in to the real thing. If you discover it too challenging to dive into Yogananda's writings, generally regarded as the modern Rosetta Rock of spiritual metaphysics, sit down with this book a while. As a yoga teacher and yoga exercises therapist I would recommend this reserve to all or any my students and personal clients. As a coordinator of a yoga exercises philosophy training course I sincerely appreciate the initial niche this book fills and how well it can it.! The presentation makes it so much less complicated to follow! It really is a bridge between yoga as exercise and starting to understand yoga's accurate meaning: union of the individual consciousness with Universal Consciousness or, in spiritual terminology, union of the soul with God. I am taking yoga classes for quite some time but have only lately gotten in to the Sutras and their deeper meaning. I have purchased 3 other books about the yoga sutras and have not been able to keep reading some of them because of their complexities and inability to relate. Excellent, easy to comprehend and practical. The best book on yoga. When you are not quite set for the rigorous self-discipline of a Self-realized master If you have been approaching yoga as exercise and are starting to explore its deeper spiritual meaning, but aren't quite ready for the rigorous discipline of the teachings of a fully Self-realized master, this book perfectly fits the bill. I 've read a couple of chapters and it's given me a larger knowledge of the Yoga Sutras! Insightful and Accessible Jennie Lee has written a wonderfully insightful publication that explains yoga since it is meant to be practiced. I am so happy that I came across it. Her personal

accounts enhance the wisdom she offers, supporting the reader step-by-step through the sutras. As a yoga educator, I use the typical translations . This book is awesome, it satisfies the intellectual and is really accessible. I'll reread it several times. Each chapter facilitates the reader with offering a section for Daily Practice (to greatly help integrate the practice in your life), Queries for Further Reflection (to aid reflecting on how this practice happens to be showing up or not really in your daily life) and Affirmations to create and Remember (to help solidify beliefs in your subconscious). Lovely Book This is a pleasant book. It is normally well crafted and easy to comprehend and apply! Highly recommended! You will see the Yoga Sutras in a new way! Thanks a lot Jennie for a fantastic book that all yoga practitioners should have in their yoga library. Excellent and valuable book I enjoyed this publication immensely and got so much out of it. students who want more knowledge of this philosophy! This reserve is a tremendous help. Accurate Yoga exercise!!. Truly loving every second of reading it. 100% recommend! I also like having the ability to refer back to methods and review questions at the end of each chapter whenever I'm confronted with something new and difficult in my life. Great read for anybody serious about yoga!



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