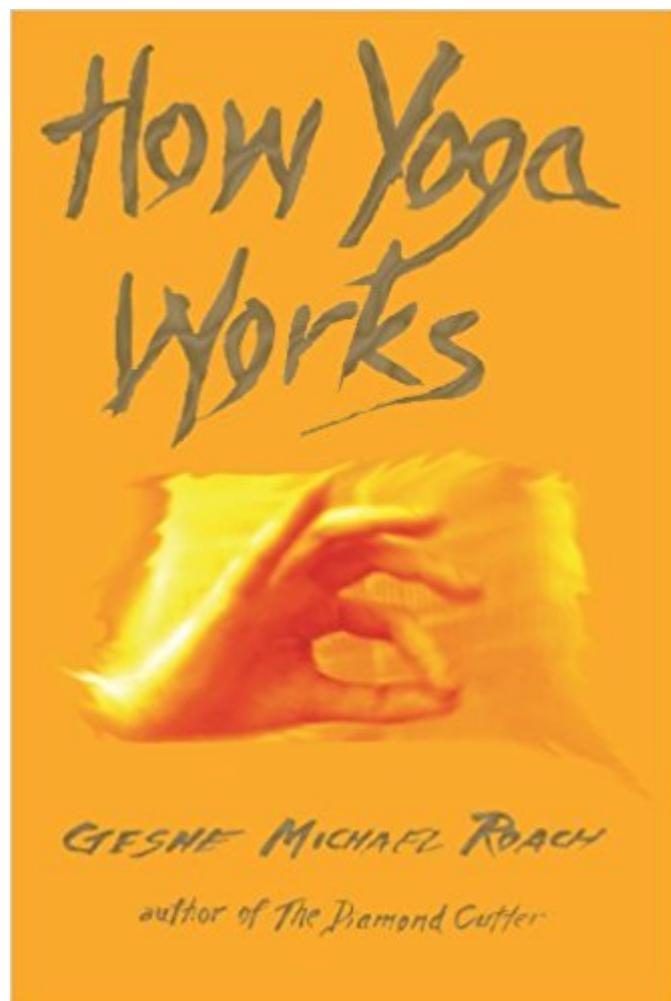


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# How Yoga Works



## **Synopsis**

The secrets of how yoga works to make us truly whole are revealed here in a delightful story based on how these precious teachings reached Tibet from their home in India, over a thousand years ago.

## **Book Information**

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## **Customer Reviews**

Geshe Michael Roach is the first Westerner in 600 years to pass the rigorous test for the title of Geshe, or Master of Buddhism, at Sera Mey Tibetan Monastery, after 20 years of study. He is an honor graduate of Princeton University and has received the Presidential Scholar medal at the White House. Geshe Michael is the author of over 30 translations of ancient texts, as well as books such as the international best seller, The Diamond Cutter and The Tibetan Book of Yoga. Christie McNally is a translator and teacher of ancient Tibetan and Sanskrit texts. She is a graduate of New York University and has trained at Tibetan monasteries in Nepal and India. She is a professor at Diamond Mountain University, and has studied yoga extensively with some of the greatest Indian, Tibetan and Western masters of yoga. She recently completed the Great Retreat of three years, three months, and three days in the high desert of Arizona.

"Yoga is learning to stop how the mind turns things around" ~ YS 1.2, pg 109 This is one of the many gems in Geshe Michael Roach and Christie McNally's book How Yoga Works. When I first ordered this book, I assumed it would be another yoga book explaining technique and philosophy; instead I was delighted by this narrative of the yogic journey into which Patanjali's Yoga Sutras are woven. Roach and McNally take the readers on a journey from the characters' rough hewn state to

their enlightenment. No character is left untouched by Miss Friday's teaching, including she herself. In fact, the main lesson is "planting good seeds and do no harm to others", starting with the boss and trickling down the ranks. Naturally, there are plenty of trials and tribulations and twists and turns to get the desired growth. The Yoga Sutras do not lead off the chapters, but rather come within the chapters, generally toward the end. This allows the lessons to unfold and be punctuated effectively. There are also a couple of themes threaded through the story that tie all of the lessons together. How Yoga Works is unlike other books in its delivery of the truths of the practice of yoga. It will plant good seeds in students and teachers alike. It is a lovely narrative of the transformative power of Yoga.

This book was recommended by 2 of my yoga teachers. I understand it was required reading as part of their teacher training and I truly can see why. Just reading it brought me to a different level and has inspired me in so many ways. I thought the presentation was great - how the author uses an interesting narrative to introduce the knowledge of yoga - weaving it into the lives of its characters. I will be going back through it again - and will take notes this time!~Peace & Namaste~

I am a yoga teacher and I learned more about yoga in this book than in my 30 day training, which was grueling and also enlightening. We had to read 4 books on yoga and the history before we stepped foot on our mats. And, still, How Yoga Works taught me more. I love the story telling in it because it makes for an easier read, more fun and great to witness examples for us everyday folks. Great book, which I recommend to anyone whether you practice yoga or not. These are life lessons that will help you become the healthy human being you deserve to be. Blessings to all! Susan Teton

An amazing story that gently puts you on the path to what yoga really is; the poses, the breath, your thoughts, intentions, and energy flow. This book, truly a story and not another how to yoga book, made the workings of the chakras, our life force energy flow, and how they respond to everything in our lives, so very clear. How we can keep them open and flowing freely by simply living a yoga life is what this book is all about. This book is another fine addition to my yoga library, words that touched my soul and created true change in my daily life! Another book I suggest to help on the quest for whole health is: Hands on Health: Take Your Vibrant, Whole Health Back Into Your Healing Hands

Very cute story. It certainly helps introduce new yogis into the practice of yoga beyond the asanas on the mat.

One of my favorite books now. I've read it twice. It is a beautiful, simple story that also teaches the value of the yogic lifestyle and "how yoga works" on so many levels.\*\* Apparently there are readers who are turned off by it because of a scandalous situation with the author. I say who cares, this is a lovely book in spite of the authors personal life.

This simple story entertains the Western mind while educating the reader about the hidden meaning inside the Sutras of Patanjali. This little book really helped me gain a deeper understanding of what the Sutras mean, and why, in order for my Yoga practice to be anything more than simple gymnastics, I must change my mode of thought drastically. Additionally, there was no dogma attached, no inspection of the Hindu pantheon, nothing added as in so many of the translations of the Yoga Sutras. Perhaps this is because of it's Buddhist author; in any event, all I know is that I appreciated this book deeply and it has brought me to a much deeper understanding of what Yoga is really about and why - all in the context of a simple story. Highly recommend for those currently practicing Yoga, those considering Yoga, and those who just want to know what all the fuss is about.

This book is terrific, even for non-yogists. Uses allegory and practical examples for the eight limbs of yoga, wrapped in an interesting, if implausible, story.

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