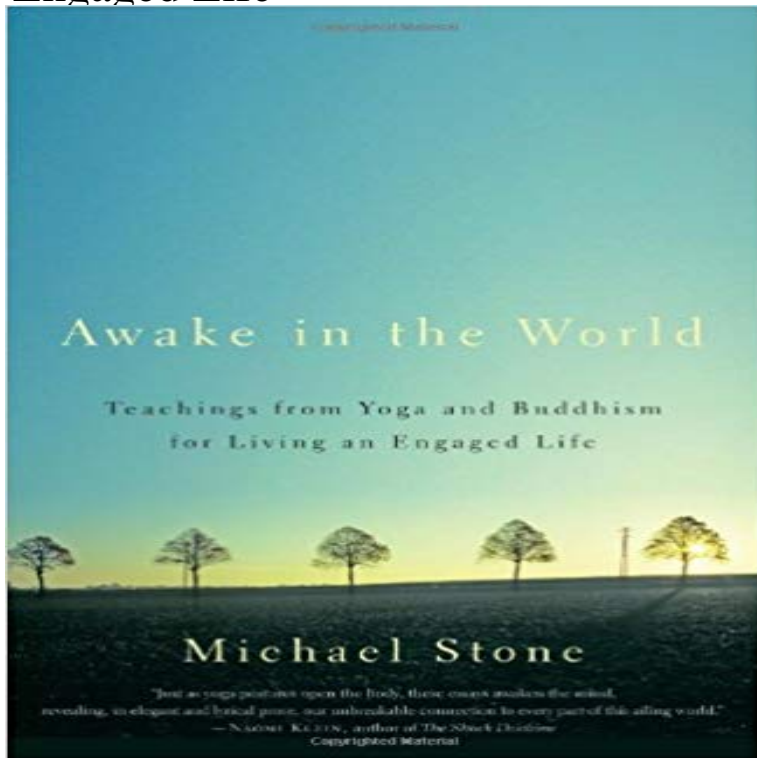


Awake in the World: Teachings from Yoga and Buddhism for Living an Engaged Life



How can we live a balanced life in unbalanced times? How can the practices of meditation and yoga support our relationships, our work lives, and the greater good? Author, teacher, and psychotherapist Michael Stone presents the essential insights of mindfulness and yoga, emphasizing the teachings of simplicity and the interdependence of all life. Stone explains that the practices of yoga and meditation are not about escaping reality but about living fully in the here and now, opening to our experience, and gaining access to stillness within the flow of life. The essence of yoga and Buddhist practice is opening the heart our own and the heart of the world. With that awareness, Stone encourages us to get involved in our communities, to speak out when we see wrongdoing, and to find ways of helping others.

Michael Stone: 10-14-11: Awake in the World: Integrating Yoga and Buddhist Practice for Living an Engaged Life (Part 1 of 3) He travels internationally teaching about the intersection of Yoga, Buddhism and Mental Health. Editorial Reviews. Review. Just as yoga postures open the body, these essays awaken the mind like bookmarks, note taking and highlighting while reading Awake in the World: Teachings from Yoga and Buddhism for Living an Engaged Life. **Awake in the World: Teachings from Yoga and Buddhism for Living** How can we live a balanced life in unbalanced times? How can the practices of meditation and yoga support our relationships, our work lives, and the greater good? Author, teacher, and psychotherapist Michael Stone presents the essential insights of mindfulness and yoga, emphasizing the teachings of simplicity and the interdependence of all life. Stone explains that the practices of yoga and meditation are not about escaping reality but about living fully in the here and now, opening to our experience, and gaining access to stillness within the flow of life. The essence of yoga and Buddhist practice is opening the heart our own and the heart of the world. With that awareness, Stone encourages us to get involved in our communities, to speak out when we see wrongdoing, and to find ways of helping others.

Awake in the World: Teachings from Yoga and Buddhism for Living an Engaged Life .. Engaged Buddhism and a fresh perspective. I enjoyed it and will read it again. **Awake in the World: Teachings from Yoga - Google Books** Awake in the World: Teachings from Yoga and Buddhism for Living an Engaged Life [Michael Stone] on Amazon.com. *FREE* shipping on qualifying offers. **Awake in the World: Teachings from Yoga and Buddhism for Living** Awake in the World: Integrating Yoga and Buddhist Practice for Living an Engaged Life He travels internationally teaching about the intersection of Yoga, Buddhism and Mental Health. wake up using body and mind, in order to live a meaningful life using traditional practices but adapting them for this culture at this time. **Awake in the World: Teachings From Yoga and Buddhism for Living** How can we live a balanced life in unbalanced times? How can the practices of meditation and yoga support our relationships, our work lives, and the greater good? Author, teacher, and psychotherapist Michael Stone presents the essential insights of mindfulness and yoga, emphasizing the teachings of simplicity and the interdependence of all life. Stone explains that the practices of yoga and meditation are not about escaping reality but about living fully in the here and now, opening to our experience, and gaining access to stillness within the flow of life. The essence of yoga and Buddhist practice is opening the heart our own and the heart of the world. With that awareness, Stone encourages us to get involved in our communities, to speak out when we see wrongdoing, and to find ways of helping others.

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