



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

Rebecca Pacheco

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From an acclaimed master yoga teacher and creator of one of the most popular yoga blogs on the Internet comes a contemporary guide to the full mind-body practice, combining intention and enlightenment with athleticism and physicality.

While the practice of yoga encourages fitness, its benefits extend far beyond the physical. In order to have a beautiful, fit body, a yoga practitioner must understand and respect its inextricable link to mind and spirit.

Yet for those who want a deeper connection with their practice, who seek enlightenment, there are few resources to provide guidance. Master yoga teacher, athletic model, and writer Rebecca Pacheco is the ultimate twenty-first-century yoga ambassador. In *Do Your Om Thing*, she shows readers how to benefit from the ancient wisdom and philosophy of yoga without repudiating its modern attributes.

Divided into four parts—Philosophy, Body, Mind, and Spirit—*Do Your Om Thing* explores the traditional practice of yoga, from the eight limbs of the ancient path to the five koshas and the seven chakras of the yoga body. Pacheco translates these ancient texts for modern readers and puts them into the context of our everyday lives. Complete with a practical overview of the many different styles of yoga, simple poses, and sequences for daily balance, plus helpful tips on meditation, *Do Your Om Thing* is the ultimate guidebook for anyone who wants a workout that benefits the body and the mind.

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