



Art of Attention: A Yoga Practice Workbook for Movement as Meditation

By Elena Brower, Erica Jago

Download now

Read Online 

Art of Attention: A Yoga Practice Workbook for Movement as Meditation

By Elena Brower, Erica Jago

Yoga begins with physical well-being—but it can also lead us into a lifelong exploration of presence, elegance, and possibility. With *Art of Attention*, Elena Brower and Erica Jago show us the way. Distilled from their acclaimed workshops and training programs, this multifaceted book can be used as:

- A step-by-step illustrated workshop of five sessions to merge movement-based mindfulness with traditional yoga
- A “tool kit” of asanas, meditations, self-inquiry questions, and healing practices for customizing your own daily practice
- An uplifting source of visual beauty and wisdom insights for inner reflection and inspiration

For students and teachers at every level, *Art of Attention* takes us further into yoga—and the art of living—with clarity, creativity, wonder, and depth.

 [Download Art of Attention: A Yoga Practice Workbook for Mov ...pdf](#)

 [Read Online Art of Attention: A Yoga Practice Workbook for M ...pdf](#)

Art of Attention: A Yoga Practice Workbook for Movement as Meditation

By Elena Brower, Erica Jago

Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago

Yoga begins with physical well-being—but it can also lead us into a lifelong exploration of presence, elegance, and possibility. With *Art of Attention*, Elena Brower and Erica Jago show us the way. Distilled from their acclaimed workshops and training programs, this multifaceted book can be used as:

- A step-by-step illustrated workshop of five sessions to merge movement-based mindfulness with traditional yoga
- A “tool kit” of asanas, meditations, self-inquiry questions, and healing practices for customizing your own daily practice
- An uplifting source of visual beauty and wisdom insights for inner reflection and inspiration

For students and teachers at every level, *Art of Attention* takes us further into yoga—and the art of living—with clarity, creativity, wonder, and depth.

Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago Bibliography

- Sales Rank: #250102 in eBooks
- Published on: 2016-02-01
- Released on: 2016-02-01
- Format: Kindle eBook

 [Download Art of Attention: A Yoga Practice Workbook for Mov ...pdf](#)

 [Read Online Art of Attention: A Yoga Practice Workbook for M ...pdf](#)

Download and Read Free Online *Art of Attention: A Yoga Practice Workbook for Movement as Meditation* By Elena Brower, Erica Jago

Editorial Review

Review

“Elena is our favorite yoga teacher! She is the embodiment of love, gratitude, and grace. In this stunningly gorgeous book, Elena and Erica take you on a journey into your mind, body, and heart. They light the path for your brilliance to shine even more brightly. Their joy and beauty infuse every page and will call you to express the highest within. You will be inspired to connect to your authentic self and share your gifts with the world in a more loving and grounded way.”

—**Alexandra & Brian Johnson**, cofounders of en*theos

“This book is a must-read for anyone interested in experiencing the dignity that comes from attending to both the inner landscape of Being as well as to the outer details of daily life with clarity and integrity. Elena and Erica bring artistry to life in their project, and inspire us all to live with beauty, authenticity, and courage.”

—**Christina Sell**, author of *Yoga from the Inside Out* and *My Body Is a Temple: Yoga As a Path to Wholeness*

“Every once in a while a book arrives in this world that contains magic so profound it will transform you forever, it will wake you up, turn up the light on your soul, and provide an oasis of healing, rejuvenation, and restoration for you to return to over and over again. *Art of Attention* is such a book. It will carry you gently into a deep yoga practice, while enlivening your mind, opening your heart, and soothing your soul.”

—**Mark Hyman, MD**, #1 *New York Times* bestselling author of *The Blood Sugar Solution*

“Elena and Erica have created such a healing gift for us all. The beauty, wisdom, and guidance in *Art of Attention* will not only strengthen your yoga practice, it will lead you to a deeper knowing and acceptance of yourself. I will cherish my copy for years to come.”

—**Kris Carr**, *New York Times* bestselling author

“Elena was my first yoga teacher, and to this day I feel fortunate to have begun on my path of yoga with her. *Art of Attention* is a book that embodies her teaching and her being: spacious, thoughtful, and beautiful.”

—**Eva Mendes**, Actor

“The wondrous images accompanying this invitation to practice set this book apart, conveying the beauty and adventure of contemporary yoga practice.”

—**Kaitlin Quistgaard**, former editor-in-chief, *Yoga Journal*

“I’ve been inspired by Elena’s commitment to bring us closer to our bodies and hearts, and this book accomplishes her objective beautifully. *Art of Attention* is an instructive, healing homage to the practice of yoga.”

—**Dr. Frank Lipman**, founder and director of Eleven-Eleven Wellness Center, New York City

“The beauty, wisdom, and guidance in *Art of Attention* will not only strengthen your yoga practice, it will lead you to a deeper knowing and acceptance of yourself.”

—**Kris Carr**, author of the *New York Times* bestseller *Crazy Sexy Diet*

“Elena and Erica have taken us on a journey, an initiation, a soulful exploration of the embodiment of divine

movement through yoga. This book is a beautiful expression of their attention to luminous detail and sacred practice, and now it is a gift for all of us. Thank you goddesses!”

—**Latham Thomas**, founder of Mama Glow

“Full of inspiration, creativity, and awareness, *Art of Attention* will sensitize and energize your cells from the inside out, and jolt you into finding new expressions and discoveries in your practice and your life.”

—**Tara Stiles**, bestselling author of *Yoga Cures* and *Slim Calm Sexy Yoga*

“Can a book be a sanctuary? With *Art of Attention*, Erica and Elena have manifested an interactive portal to somatic consciousness, inner beauty, and self-reckoning. It stirs the heart, mind, and body to actively introvert and attend to the deepest layers of being.”

—**Jill Miller**, anatomy and movement specialist, creator of Yoga Tune Up®

About the Author

Elena Brower

Elena has been teaching yoga since 1998. After graduating from Cornell University with a design degree, she was a textile and apparel designer for six years. Having studied with several master yoga teachers for over a decade, Elena offers the practice of yoga globally as a way to approach our world with realistic reverence and gratitude. Her classes are a masterful, candid blend of artful alignment and attention cues for body, mind, and heart.

Erica Jago

ERICA JAGO is a yoga teacher, designer, and artist who combines her many gifts to bring beauty, depth, and meaning to yoga books, media, and her classes. For more, visit jagoyoga.com.

Users Review

From reader reviews:

Kimi Frantz:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite reserve and reading a guide. Beside you can solve your condition; you can add your knowledge by the publication entitled *Art of Attention: A Yoga Practice Workbook for Movement as Meditation*. Try to face the book *Art of Attention: A Yoga Practice Workbook for Movement as Meditation* as your buddy. It means that it can being your friend when you really feel alone and beside those of course make you smarter than ever. Yeah, it is very fortunated in your case. The book makes you much more confidence because you can know anything by the book. So , we need to make new experience as well as knowledge with this book.

Earl Diehl:

Exactly why? Because this *Art of Attention: A Yoga Practice Workbook for Movement as Meditation* is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will distress you with the secret the idea inside. Reading this book alongside it was fantastic author who write the book in such awesome way makes the content on the inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of advantages than the other book possess such as help

improving your skill and your critical thinking technique. So , still want to postpone having that book? If I were you I will go to the book store hurriedly.

William Johnson:

This Art of Attention: A Yoga Practice Workbook for Movement as Meditation is brand new way for you who has intense curiosity to look for some information mainly because it relief your hunger details. Getting deeper you on it getting knowledge more you know or perhaps you who still having bit of digest in reading this Art of Attention: A Yoga Practice Workbook for Movement as Meditation can be the light food in your case because the information inside that book is easy to get by means of anyone. These books produce itself in the form which can be reachable by anyone, yes I mean in the e-book type. People who think that in reserve form make them feel drowsy even dizzy this guide is the answer. So there is not any in reading a e-book especially this one. You can find what you are looking for. It should be here for you. So , don't miss it! Just read this e-book variety for your better life in addition to knowledge.

Patrick Taylor:

As we know that book is significant thing to add our expertise for everything. By a e-book we can know everything we wish. A book is a list of written, printed, illustrated or maybe blank sheet. Every year seemed to be exactly added. This guide Art of Attention: A Yoga Practice Workbook for Movement as Meditation was filled concerning science. Spend your time to add your knowledge about your scientific research competence. Some people has several feel when they reading some sort of book. If you know how big selling point of a book, you can sense enjoy to read a publication. In the modern era like at this point, many ways to get book that you wanted.

Download and Read Online Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago #IR72GNBL9JA

Read Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago for online ebook

Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago books to read online.

Online Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago ebook PDF download

Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago Doc

Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago Mobipocket

Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago EPub

IR72GNBL9JA: Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago