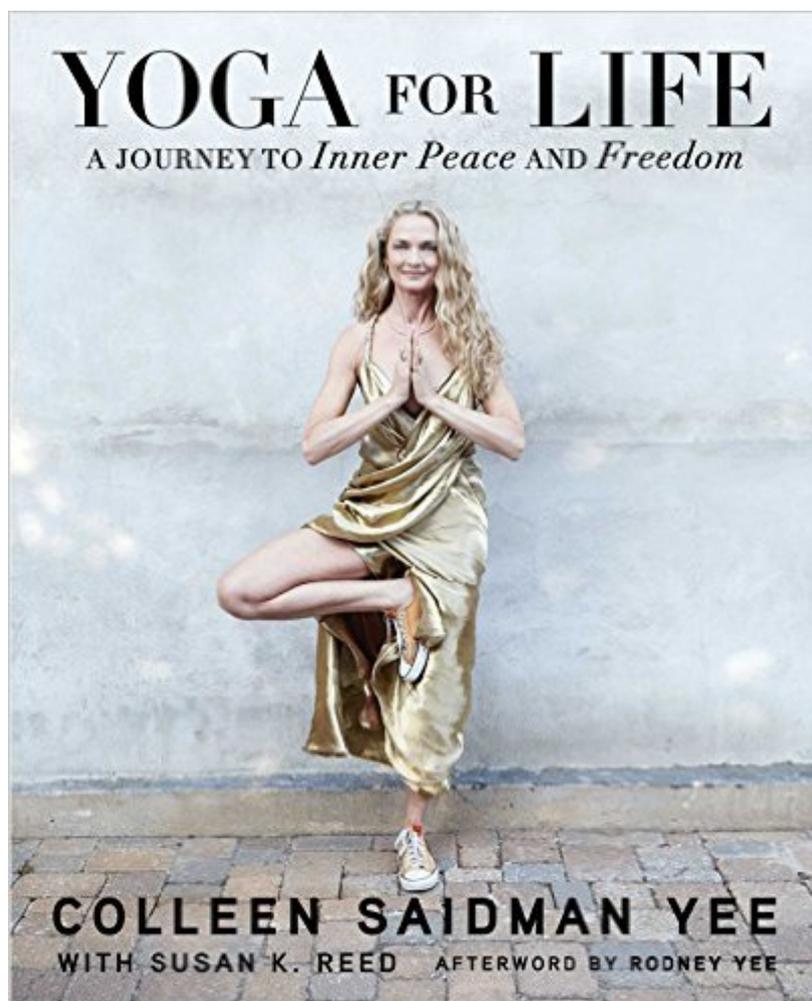


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# Yoga For Life: A Journey To Inner Peace And Freedom



## Synopsis

From a rebellious young woman with a dangerous heroin habit to a globe-trotting fashion model to *the "First Lady of Yoga"* (The New York Times), Colleen Saidman Yee tells the remarkable story of how she found herself through the healing power of yoga—and then inspired others to do the same. I've learned how to extract the beauty of an ordinary day. I've learned that the best high exists in the joy or the sadness of the present moment. Yoga allows me to surf the ripples and sit with the mud, while catching glimpses of the clarity of my home at the bottom of the lake: my true self. The very first time Saidman Yee took a yoga class, she left feeling inexplicably different—something inside had shifted. She felt alive—so alive that yoga became the center of her life, helping her come to terms with her insecurities and find her true identity and voice. From learning to cope with a frightening seizure disorder to navigating marriages and divorces to becoming a mother, finding the right life partner, and grieving a beloved parent, Saidman Yee has been through it all—and has found that yoga holds the answers to life's greatest challenges. Approachable, sympathetic, funny, and candid, Saidman Yee shares personal anecdotes along with her compassionate insights and practical instructions for applying yoga to everyday issues and anxieties. Specific yoga sequences accompany each chapter and address everything from hormonal mood swings to detoxing, depression, stress, and increased confidence and energy. Step-by-step instructions and photographs demonstrate her signature flow of poses so you can follow them effortlessly. Yoga for Life offers techniques to bring awareness to every part of your physical and spiritual being, allowing you to feel truly alive and to embody the peace of the present moment.

## Book Information

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## Customer Reviews

I can relate to this book in so many ways. I found yoga after struggling with a severe drug addiction at the age of 18. My first class was in a rehab facility in Arizona. I didn't know it then but yoga would totally change my life in ways i never thought imaginable and so would Colleen's teachings and words in her book. I remember being in Warrior 3 for the first time back then, ten years ago, and thinking "Wow, this is amazing." I didn't get sober that time around but when i turned 21, i did. I immediately gravitated back to yoga upon getting out of a 30-day treatment program in Minnesota. I clung to my mat, like a life preserver. I did terrible gym yoga where i loaded the hello out of my hips and was often so sore the next day i couldn't walk. It wasn't the yoga i know and love today but it was what i had to work with, and i loved it. I walked through the doors of Corepower Yoga daily and got onto my mat. I had no money and cleaned sweaty mats for free yoga, that's how bad i wanted it, needed it. Later I got certified and became a teacher. I did Colleen's whole Gaiam yoga club as well as all of her DVD's, i learned so much about sequencing and the postures, what it meant to be an educated teacher, what it meant to heal instead of hurt the body through movement. When Yoga For Life came into being i thought FINALLY, a yoga book by a teacher who is fresh, interesting, sexy, smart and so full of life! Learning about Colleen's childhood and how it shaped her yoga journey is fascinating. Her relationships (some of which failed) taught her so much about who she is!

It's interesting to see people that we've either come into contact with on a personal level or through the media via magazines, movies, authors and other personalities and then be invited to read their story. I've seen Colleen my entire life as she's graced the pages of countless magazines and clothing catalogs. When I saw that she wrote a book, I wanted to know her story. I'm not a big fan of yoga simply because my exercise of choice in my past was aerobics and weight training however, I'm now 52 years old and somehow slowing down, paying attention to the subtle changes of my body and inviting a new way of responding to the requests of a slower and simpler way of life, is captivating me. I want to take the time to listen, intuit and acknowledge the amazing changes in my body and allow my soul ... my spirit to honor those changes. This book was ... and ... was not for me. It was an easy read. It was easy to interpret the exercises and easy to understand the positions. I appreciated Colleen's personal story and her raw account of the spaces and places in her life that she shared and then invited a series of yoga moves to support those places and spaces. As a reader and a seeker of a new way of responding to my body, I appreciated very much the

interpretations of the moves and how they would support me. I loved that! This book was not an engaging read or a page turner. It's not that kind of book. It's very "Matter of fact" and shared in a way that told a story and that's all. It lacked insightful emotion that invited me to tap into my own spirituality and yet, the point got across and I got it!

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