



# 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](http://jagoyoga.com).

## **Users Review**

### **From reader reviews:**

#### **Steve Pratt:**

Have you spare time for just a day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to often the Mall. How about open or perhaps read a book titled *Art of Attention: A Yoga Practice Workbook for Movement as Meditation*? Maybe it is for being best activity for you. You understand beside you can spend your time together with your favorite's book, you can wiser than before. Do you agree with its opinion or you have various other opinion?

#### **Steven Cordell:**

Hey guys, do you wishes to finds a new book you just read? May be the book with the title *Art of Attention: A Yoga Practice Workbook for Movement as Meditation* suitable to you? Often the book was written by renowned writer in this era. The particular book untitled *Art of Attention: A Yoga Practice Workbook for Movement as Meditation* is a single of several books in which everyone read now. This kind of book was inspired many men and women in the world. When you read this reserve you will enter the new dimension that you ever know prior to. The author explained their idea in the simple way, so all of people can easily to be aware of the core of this publication. This book will give you a lot of information about this world now. So you can see the represented of the world on this book.

**Ann Macdonald:**

What is your hobby? Have you heard that will question when you got pupils? We believe that that question was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. And you know that little person like reading or as reading through become their hobby. You need to know that reading is very important as well as book as to be the matter. Book is important thing to increase you knowledge, except your teacher or lecturer. You will find good news or update in relation to something by book. Different categories of books that can you choose to adopt be your object. One of them are these claims Art of Attention: A Yoga Practice Workbook for Movement as Meditation.

**James Wood:**

Some individuals said that they feel weary when they reading a guide. They are directly felt the item when they get a half parts of the book. You can choose the actual book Art of Attention: A Yoga Practice Workbook for Movement as Meditation to make your personal reading is interesting. Your own skill of reading expertise is developing when you including reading. Try to choose simple book to make you enjoy to see it and mingle the impression about book and reading through especially. It is to be initial opinion for you to like to available a book and examine it. Beside that the publication Art of Attention: A Yoga Practice Workbook for Movement as Meditation can to be your brand new friend when you're sense alone and confuse with the information must you're doing of the time.

**Download and Read Online Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago #0QFN3GB6H81**

## **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**

**0QFN3GB6H81: Art of Attention: A Yoga Practice Workbook for Movement as Meditation By Elena Brower, Erica Jago**