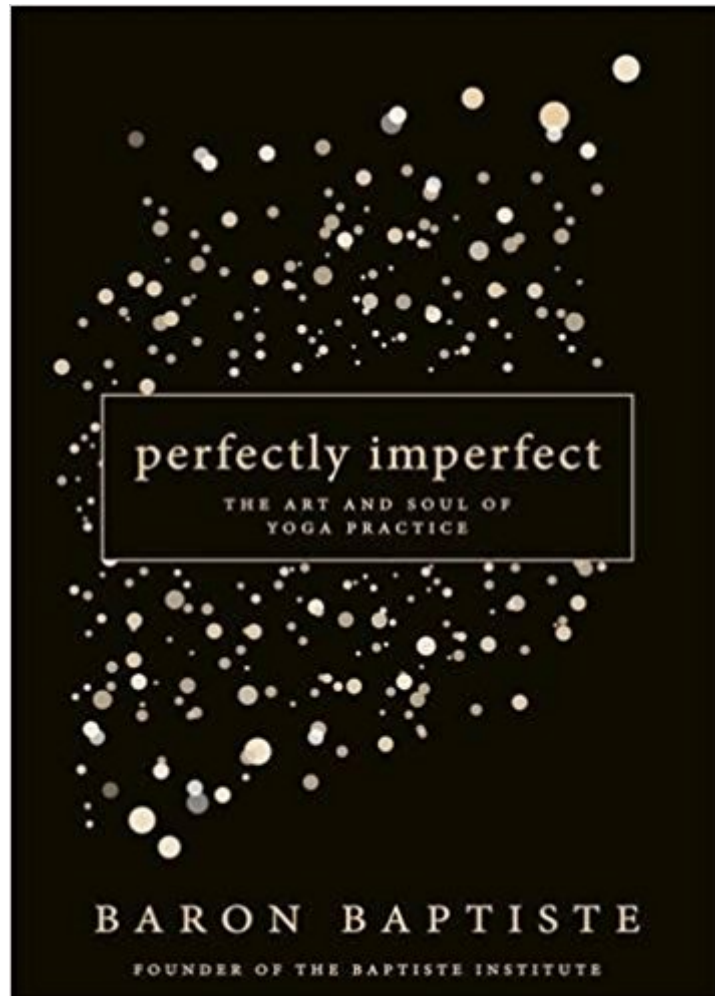




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Perfectly Imperfect: The Art And Soul Of Yoga Practice



Synopsis

NEW YORK TIMES, WALL STREET JOURNAL, AND USA TODAY BESTSELLER • This book will shine new light on your journey, ignite your practice with new power, inspire new possibilities for growth, and infuse your life with the grace and confidence you seek.

Baron Baptiste A little over a decade ago, Baron Baptiste published his seminal book, *Journey into Power*. The first of its kind, it introduced the world to Baptiste Yoga, his signature method that marries a lifetime of studying with some of the world's most renowned yoga masters with his uniquely powerful approach to inner and outer transformation. Since then, yoga has steadily moved into the mainstream in our culture, and Baron's unique contribution has played a key role. As millions of participants incorporate yoga into their daily lives, Baron's teachings have evolved to bring them even deeper into their own transformative possibilities.

Perfectly Imperfect: The Art and Soul of Yoga Practice takes readers beyond the foundations of the practice by speaking to everything that happens in their bodies and minds after they get into a yoga pose. That is where the true transformation occurs, and where much rich spiritual and emotional growth is available. Readers will learn how to move through their lives with grace and flow, begin again when a situation becomes difficult, • be a yes • for their innermost desires, give up what they must, follow their intuition, and find their truth north. With his signature blend of boldness, insightfulness, humor, and warmth, Baron offers what is destined to be an instant classic in the yoga and meditation world. With *Perfectly Imperfect*, he proves once again to be a true yoga master for the modern world. •

Book Information

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Customer Reviews

For more than 25 years, Baron Baptiste has devoted his life to creating and sharing transformational

yoga practices and programs. He shares the Baptiste Yoga methodology through workshops, books, yoga teacher trainings and his continued work with non-profit organizations. An entrepreneur and visionary, Baron is committed to sharing Baptiste Yoga in ways that make a real and lasting difference in the lives of people across the planet. His approach to yoga has been a catalyst for society's acceptance of yoga as a popular practice and is now being used by millions of people globally. Website: www.baptisteyoga.com/ Â

A great read about yoga basics and also about life. I greatly enjoyed reading this.

Fantastic and powerfully written!! Thank you Baron for sharing once again the wisdom of a great mind and practice!

An amazing book. Shot and sweet on the yoga principles. A wonderful book regardless of how long you've been practicing yoga. Very inspiring, with relevant stories about yoga philosophies.

Truly inspiring. I recommend this book to any yogi. It reminds us the true meaning of yoga. It keeps us grounded on and OFF of the mat.

This book changed my mindset in so many ways. Really broadened the ideology of yoga on the mat and off the mat for me. Great read!

I loved this book! It came to me at the perfect time in my life and I know others would love it too! It's a quick read but full of deep meaning.

Baron my fav, excellent gift!

Baron Baptiste just knows what to write in describing the yoga experience and it starts with a great title, "perfectly, imperfect!"

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