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Art Of Attention: Book One



Synopsis

This is an elegant yoga book designed for practice, contemplation, and creativity for students and teachers of yoga. This book is both a systematic study guide and a work of art. Detailing five of Elena's yoga classes available on YogaGlo, this book invites you to craft your own profound practices, and make your yoga your own. Explore sequencing, theming, and your interior experience; then create your own well-wrought practices.

Book Information

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Customer Reviews

this is book born of depth and commitment: it is not a book to read but rather a book to experience and absorb over time. Each detail of the book was clearly chosen with thought: the paper has a luscious feel, the imagery is understated and powerful, the words and their placement have the presence of awakened authors and invite you to your own awakening. Beyond that, its birth was gentle, not a calculated industry move (it was funded on Indiegogo), but rather the product of long love and attention. Support these women, and become one of the supported yourself. disclaimer: I do not know the authors and have no financial ties to anything regarding this book. Just a discerning fan.

Elena Brower's "Art Of Attention" • yoga workbook is a feast for the senses. The book lures the practitioner; be it teacher, new-to-yoga student or yoga pro into the realm of receptivity. We are invited to enjoy the healing balm yoga offers during one's practice. There are layers of information offered through largely pictorial language. This is a highly visual book and if you are

attuned to the visual, this is the yoga book for you. The words offered are clear and concise, beyond the words lie the poetry the imagery conveys. Flowing inwards to meet yourself. The Art Of Attention invites you to create your own home practice. Be it in your home, or making yourself, âˆˆat homeâ€™ wherever you are through the vocabulary of asana and breath, and presence, or as Elena states, we start to pay âœAttentionâ•. One of the elements I most enjoyed in the book was the setting for the photographs. The Burning Man Nevada Desert juxtaposed with the yoginiâ€™s living room. One imagines the artist travels with a personal photographer as the shots feel so intimately caught. These inspiring images alongside contemplative themes and âˆˆhow to do the asanaâ€™ sketches make this a delectable workbook and intriguing companion to hang out with again and again. Thank-you for integrating such beauty and artistry into this book. From the cover I was anticipating more blank pages with zen koans occupying center stage, a more heady approach if you like. I could not have been more wrong. I was delighted to immerse myself in the richly layered teaching that shines forth from this radiantly feminine shaman from cover to cover.

I have been so pleased that I ordered this book. I teach Yoga and I think for me it's such a nourishing book for my own practice, but also a great inspiration for my classes. It's really brought such a healing, calming and grounding energy to my practice. It's perfect for people who want a home yoga practice, or who want inspiration for teaching, or just a beautiful companion. Seriously Elena and Erica are awesome, inspiring and welcoming. It's one of my favourite books, and believe me I have a passion for Yoga books and have quite the collection. Thank you E & E. Well done, can't hardly wait for Book Two.

Really wanted to like this book. I've been a yoga practitioner for about 7 years (still have a lot to learn but not exactly a beginner). This book was useless. I was hoping it would help with my home practice but the stick drawings were difficult to follow. Also the whole book seemed way too focused on Elena Brower and Elena Brower's celebrity endorsements than on the practice of yoga. I returned it...

Just get it....it's actually perfect for any one deciding to have their own personal practice.... you don't have to be a teacher...Just get it because I told you so.... Good Lord.. as soon as I got this I was too excited about it... I couldn't even open the book..the smell alone I was satisfied with..ha ha.. once I had the chance to look through it I am just..WHAT!!!! I love ERICA and ELENA....as someone who loves creative showcasing... this book is nothing but design in poetry .. if only all How to's were

showcased with this much love...AYE!!!SAPREMA

I bought this more for the sequences than the journaling aspect. As I moved through the sequences, however, the book did inspire me to journal about it. A nice surprise.

This book is so well done. The pictures are beautiful, the text healing. I will treasure it for a long time.

I adore this book. As a yoga teacher I love using the journal pages to record quotes and sayings to build themes around for my classes. I also love how poetic this book is and believe me - you can get a lot of good material here for creating classes. One of my favorite books at the moment.

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