



Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind

By Frank Jude Boccio

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Whether you have no background in meditation or yoga or have been practicing for years, Mindfulness Yoga is for you. This groundbreaking book introduces an entirely new form of yoga, *Mindfulness Yoga*, which seamlessly integrates the Buddha's teachings on the Four Foundations of Mindfulness with traditional asana yoga practice.

Mindfulness Yoga emphasizes the spiritual side of yoga practice, an aspect often overlooked in a culture that tends to fixate solely on the physical benefits of yoga. Unlike any other Buddhism-meets-yoga book, *Mindfulness Yoga* presents the two disciplines as a single practice that brings health to the body and liberates the mind and spirit, awakening compassion and fostering equanimity and joy. *Mindfulness Yoga* will appeal to the many people who have an interest in yoga, Buddhism, and meditation, but who may not have been able to find a teacher who could bring these practices together in a meaningful, practical way.

In the first part of the book, author Frank Jude Boccio offers a superb and lively introduction to the Buddha's teachings and locates them within the larger context of the Indian spiritual traditions. Then, in the second half of the book, Boccio offers three complete Mindfulness Yoga sequences, including over 100 pictures, with detailed guidance for body, breath, and mind. Special lay-flat binding makes this book even more useful as a practice aid.

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Bibliography

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Editorial Review

From Publishers Weekly

This book by yoga teacher and mindfulness meditator Boccio offers a welcome and ambitious synthesis that is unevenly executed. Relating the Indian sage Patanjali's teachings on yoga to Buddhist teachings, the author invites practitioners of yoga and meditation to experience yoga's asanas, or poses, as occasions for mindfulness meditation. This relationship is both novel and logical. Buddhism grew from Hindu-yoga roots, and yoga, certainly as understood in America, could use a greater appreciation of its spiritual significance. Following a discussion of Buddhist teachings grounded on some central discourses (sutras) and heavily indebted to Vietnamese Zen monk Thich Nhat Hanh, who supplies a foreword, Boccio provides four sequences of poses. The sequences generally repeat poses but are intended to lead the student to new understandings of those poses, thus encouraging growth in the discipline of yoga. As can be the case with yoga texts, this one has problems with its pictures. When poses are given in sequence, the accompanying sequence of pictures can be hard to follow, because not all steps are illustrated. Also, the instructions are not always obvious ("lift your sitting bones up as you drape your torso over your legs"). Because this book tries to do so much, it's not for beginning yoga students or meditators, but those with established practices may benefit from seeing the postures in a surprising and more spiritual light.

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Review

"EDITOR'S CHOICE! Boccio shows that Buddhist practice is itself a form of yoga, presenting a meditational approach to asana practice." (*Yoga Journal*)

"A must-have for all mindfulness practitioners who also practice or teach yoga. " (*The Mindfulness Bell*)

"The author invites practitioners of yoga and meditation to experience yoga's poses as occasions for mindfulness meditation. This relationship is both novel and logical. ... A welcome and ambitious synthesis. " (*Publishers Weekly*)

"I highly recommend this book...elegant, lucid, astonishingly comprehensive, thoroughly accessible, designed -- refreshingly -- for real human beings! Bravo!" (Stephen Cope, senior Kripalu Yoga teacher and author of *Yoga and the Quest for the True Self*)

"It's about time somebody wrote this!" (Jon Kabat-Zinn, author of *Wherever You Go, There You Are*)

"In Mindfulness Yoga, Frank Boccio inspires us to join those who have walked the integrated path of yoga and mindfulness with a true teacher's voice of clarity, compassion and common sense." (Cyndi Lee, author of *OM Yoga* and founder of *OM Yoga Center*)

"A terrific book for both meditators and new yoga students. Highly recommended." (Josh Baran, author of *365 Nirvana Here and Now*)

"Clear, intelligent, and much-needed. I'm delighted Frank Jude Boccio wrote this book. I now have something to recommend to my students." (Larry Rosenberg, Founder of the Cambridge Insight Meditation Center and author of *Breath by Breath*)

"A wonderful and invaluable book!" (Wendy Cook, Yeshe Yoga instructor and director of Kurukulla Center for Tibetan Buddhist Studies)

"Boccio reminds us to focus not just on the physical postures but also on what they teach us about the deepest truth of our lives. This is a welcome approach at a time when yoga is too often seems as just another way to get fit. ... The most erudite of the recent offerings."-- (*Tricycle*)

From the Back Cover

"It's about time somebody wrote this!" —Jon Kabat-Zinn, author of *Wherever You Go, There You Are*

This groundbreaking book introduces an entirely new integration of yoga and meditation: Mindfulness Yoga. Mindfulness Yoga emphasizes the spiritual side of yoga practice, a dimension too often overlooked. In a manner unlike any book before it, *Mindfulness Yoga* presents the two disciplines as a single practice that enlivens the body, liberates the spirit, and awakens compassion, equanimity, and joy.

Whether you're a beginner or have been practicing for years, *Mindfulness Yoga* is for you. User-friendly, easy-to-follow sequences are laid out with over 100 accompanying photos in this innovative presentation of mindfulness meditation and yoga. Special lay-flat binding makes this book even more useful as a practice aid.

Users Review

From reader reviews:

Ruth Walker:

The book Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind make you feel enjoy for your spare time. You need to use to make your capable far more increase. Book can for being your best friend when you getting tension or having big problem with the subject. If you can make examining a book Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind being your habit, you can get much more advantages, like add your own capable, increase your knowledge about many or all subjects. It is possible to know everything if you like open and read a e-book Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind. Kinds of book are several. It means that, science guide or encyclopedia or some others. So , how do you think about this e-book?

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