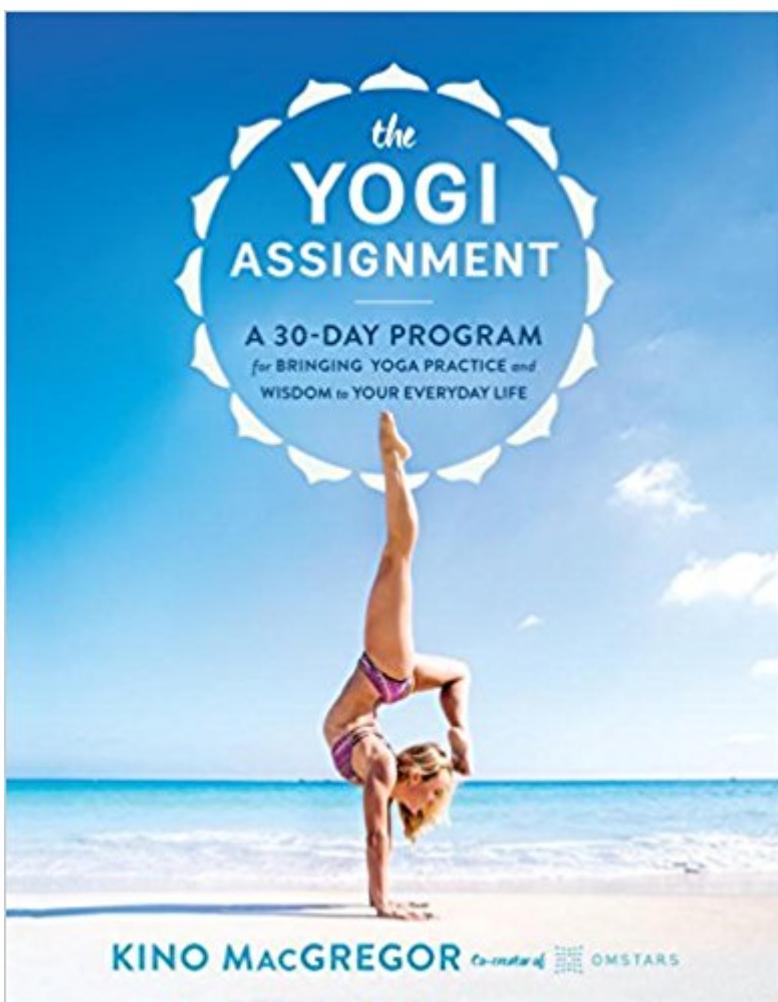


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The Yogi Assignment: A 30-Day Program For Bringing Yoga Practice And Wisdom To Your Everyday Life



Synopsis

An inspirational 30-day yoga and lifestyle program that will challenge your mind, body, and spirit--by one of the most dynamic and high-profile contemporary Ashtanga yoga teachers, Kino MacGregor. The brave heart of a yogi is defined by actions that make the world a better place. •Live with authenticity, practice patience, let go of negativity "these are some of the core tenets of a yoga lifestyle, on and off the mat. Yoga is about much more than twisting yourself into shapes" the heart of this ancient practice is an inner journey, one of reflection, spiritual awakening, and ultimately a calm, clear mind. The Yogi Assignment is a 30-day introduction to these life-affirming and simple, yet revolutionary, principles. Led by master teacher Kino MacGregor, this journey will challenge and uplift your body, mind, and spirit. Each day offers a practice and meditation that will help you confront your emotional, physical, and mental limitations and inspire real change in your life. MacGregor is a fierce, loving guide who encourages you to look deeply within to find your wellspring of inner strength and courage.

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KINO MACGREGOR is one of only fourteen people--and the youngest woman--in the United States to receive certification to teach Ashtanga Yoga from its founder Sri K. Pattabhi Jois. She has an international following of her own and a busy schedule of teaching gigs at seminars and yoga conferences worldwide. She is a life coach and has a master's degree from New York University. MacGregor and her husband, Tim Feldmann, are the founders of the Miami Life Center (www.miamilifecenter.com), where they teach daily classes, workshops, and intensives together. MacGregor was featured in Yoga Journal as one of the top twenty-one rising stars of yoga. She

writes for theÂ Huffington PostÂ and is the author ofÂ The Power of Ashtanga Yoga IÂ andÂ The Power of Ashtange Yoga II.

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