



Yoga Poems: Lines to Unfold By

Leza Lowitz

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The sixty poems in this book are windows into the mind/body/spirit experiences that come about through yoga practice. Each poem is named for a posture or breath exercise and is inspired by the physical properties of the pose or some aspect of breathing that led the poet to deeper understanding. Listening to these poems read aloud, or contemplating them on one's own, will help yoga students understand their own struggles and inspire them on the way to personal transformation.

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