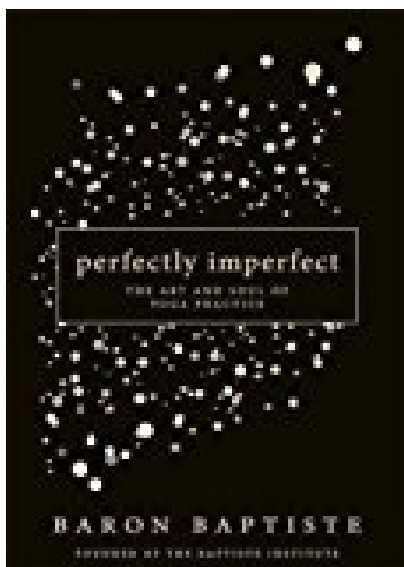


# Perfectly Imperfect The Art and Soul of Yoga Practice

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## BOOK DETAILS

- Author : Baron Baptiste
- Pages : 184 Pages
- Publisher : Hay House, Inc.
- Language : English
- ISBN : 1401947530

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## BOOK SYNOPSIS

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.

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